New Bedford Times

HOMEMAKERS' COOK BOOK

NEW BEDFORD TIMES
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Over One Thousand Prize Recipes
Selected from the Innumerable
Contributions by the women of
NEW BEDFORD and CAPE COD

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1930
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DEDICATION

To the women of New Bedford and Cape Cod

this book is dedicated in sincere appreciation of their willing co-operation which makes it possible for us to be patrons not only of the art of cuisine, but of the fundamental and all-important art of home-making as well.

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FOREWORD

David Garrick once said, "Our first great passion is to eat." As a poet he probably should have been thinking about things far less mundane than food, but even poets must eat. Quite possibly the sight of several fellow bards fraternizing in an eighteenth century pub where they were eagerly devouring venison pies and quaffing countless tankards of ale, inspired him to write the above sentence. At any rate, passion or habit, eating is a very necessary procedure since everything that lives requires nourishment.

Perhaps the fact that it is among those things that have to be done is the reason so many housewives find cooking a tedious item in the score of irritating concerns and duties that have an insidious way of making life a dull business, if one allows them to. The housewife, however, should approach her cooking in an entirely different frame of mind, deeming it an art well worthy of respect. She should design beautiful meals as an architect designs beautiful buildings, for a successful cook is more than a stoker of the human furnace.

Culinary adventures lie on every hand and the woman who is alert will embark on many a voyage of discovery, letting her imagination wander where it lists. Some of her experiments may prove hopeless failures, but certain it is that she will return from some of these adventures with new ideas, which will help her in her career as a homemaker. The stodgy plodder can always be depended upon, it is true, and she is to be commended for her dependability. But she is apt to grow tiresome and few things are more calamitous to a home than monotony. Most husbands would risk an occasional culinary disaster for the sake of the successful results of the majority of his wife's experiments.

In compiling this book of recipes, all of which are contributed by women of New Bedford and vicinity, who are embarking on just such adventures as those of which we have been speaking, we hope to bring to a host of other homemakers a bit of inspiration to help them along the sometimes bumpy road of their domestic endeavors.

Many of these recipes are quite provincial both in their origin and their use. In every locality, there are certain characteristic foods. Texas, proud of its chili, is quite unfamiliar with Philadelphia's scraple, while cornfed Iowa laughs at Boston's devotion to the bean and the cod. But New Englanders do not laugh. They have great reverence for their Cape Cod clam chowders and any number of other provincial dishes and they remember with justified pride that the first Thanksgiving dinner saw light of day on their own seaboard; that, despite Ohio's maple sugar output, real Vermont maple syrup comes from their own woods; and that Johnny-cake is unquestionably a delightfully New England version of just plain corn cake.

But there are recipes from other parts of the world as well. The variety of foods that appear on the American dinner table often present a medley of food products from every continent and prove anew that the East and the West may be one. The modern cook can stage a raid on the larders of other lands and assemble on her own table the foods and flavors of the nations of the world in a delightful meal.

The warnings of some erratic dietitians would seem almost to point out eating as something to be avoided. They would take all joy out of something that should be a pleasure. But they are in the minority and those who prescribe along scientific lines are more apt to suggest well-balanced meals of sufficient variety to be at once tempting and nourishing. Modern science has lightened the housewife's load immeasurably, making her tasks much more pleasurable than it seems possible for them to have been in times less convenient than our own. Yet our grandmothers and theirs took great pride in their cooking and they have passed on to our generation a wonderful heritage that should be not only guarded, but improved on, so that the future generations will have at least as good a start as we in that respect.

This cook book does not pretend to be an absolutely scientific compilation, but every recipe printed has been subject to the scrutiny of competent domestic scientists and some of them have been tested to assure the accuracy of their proportions and ingredients. To the judges, Miss Elizabeth Keyes, Miss Agnes McKenna, Miss Adelia Alderman, Mrs. Joseph Baldwin, Mrs. Agnes Taber, Miss Sara Murray, and Mrs. Mildred Maynard, who have given their time and experience to this project, and to the women who have submitted the recipes that have made this book possible, the New Bedford Times extend sincere thanks, hoping that this book may fulfill in a large measure its aim to promote better meals and happier homes.

I

BREADS, MUFFINS, WAFFLES, ETC.

"Merry they were, because the wheat
Was clean and plump and good."
—Bridges.

And well might they be merry! What article of food other than bread could appear, almost without intermission, on practically every table in the country three times a day without wearing out its welcome? Few of the things that are included often in the diet because they are health-giving are as pleasant to eat as are the different kinds of bread.

Back several thousands of centuries before the advent of Christianity, wheat, rye, and other cereals, which have withstood the test of the years, were made into bread. Crude, flat cakes they were then, but the centuries have seen the evolution from those same crude cakes to the perfect, brown-crusted loaves that are accepted now so much as a matter-of-course.

Perhaps it is because the average person treats bread so much as a matter-of-course that bread does not always reach the high standard of perfection that it can and should. Evidence of the fact that there are people who want to learn more of the art of bread-making was brought to light quite recently. A short time ago, a magnificent building in Paris was dedicated to the cause of instructing embryo bakers in the newest scientific theories evolved in this regard. There people of all ages can go without cost and learn things of great value, not only to themselves as cooks, but quite directly to all who eat bread.

While wheat that is "clean and plump and good" is a great asset to the bread-maker, it is not an infallible assurance of the production of perfect loaves. Much depends on the proper mixing of ingredients and on accurate baking. Because it contains gluten in the right proportion to make spongy loaves, wheat is the most satisfactory of all flours for bread. Rye, corn, and graham flours, however, when mixed with wheat, are very healthful and they offer a pleasant change from the more commonly used white bread.

A perfect loaf of bread is well shaped rounding on top, with a uniform shredding at the sides, and no bulges or cracks, it springs back into shape when pinched; it is well crusted with a thin brown, crisp crust; and it has a fine-grained, feathery crumb. The secret of such a loaf lies in the proper handling of the dough through a series of definite processes.

The secret of making deliciously light, tender biscuits, and dumplings, and other foods made with biscuit dough, is in handling the dough as little as possible. Too much handling makes the dough rubbery, and results in tough biscuits.

The secret of making light, fine-grained, delicate hot breads such as muffins and griddle cakes lies chiefly in the mixing. Improper mixing, either because the dry ingredients were not sufficiently mixed and sifted, or because the finished batter was stirred too much, results in a poor textured product.

While griddlecakes are reserved more especially for breakfasts, waffles can be served equally well with any meal during the day and they will always be assured a warm reception.

Thanks to the Southerners whose reputations as cooks have spread far and wide, chicken and waffles are a well-known combination, but there are many others quite as delightful that are not often served. Have you ever tried them, for instance, as a dessert with ice cream or fruit? When experimenting with waffles themselves, try your imagination on new combinations and see what delicious meals you can put together.

ALL BRAN BROWN BREAD

1 cup all bran
1 cup raisins
½ cup sugar
1 teaspoon soda
1 cup sour milk
1 tablespoon molasses
1 cup flour
¼ teaspoon salt

Mix together the all bran, sour milk and raisins. Then add the molasses, sugar, and sifted flour. Sift soda and salt. Put mixture into greased can, cover tightly, and steam for 3 hours.

MRS. WESLEY HIGGINS, East Harwich.

GRANDMOTHER HATHAWAY'S BROWN BREAD

(Use rounding cups for measuring)

2 cups Rhode Island meal, sifted with
1 cup flour
1 heaping teaspoon saleratus
½ teaspoon salt. Add
1 cup sour milk
1 cup molasses
2 cups sweet milk
raisins

To prevent raisins from sinking to bottom, drop bit of dough into tin, then few raisins, here and there, then add more dough, and so forth. Steam for three hours by setting bread tins into boiling water and keep boiling for that length of time.

MRS. THOMAS S. SAYER, 349 Reed Street.

QUICK COFFEE BREAD

2 cups sifted flour
4 teaspoons baking powder
½ teaspoon salt
½ cup sugar
1 egg beaten
¾ cup milk
3 tablespoons melted butter
grated rind of lemon

Sift flour, baking powder, salt, sugar together. Beat egg; add milk, melted butter, grated rind of lemon or orange. Sprinkle top thick with sugar and cinnamon sifted together. Dot with small pieces anjelica and cook in moderately hot oven 20 minutes. Square tin used.

MRS. S. ROSENBERG, 51 Plymouth St.

DATE BREAD

2¾ cups flour
1¾ cups sugar
1¾ cups dates
1½ cups boiling water
1 cup walnut meats, cut fine
2 eggs
1 tablespoon butter
2 teaspoons soda
1 teaspoon salt
1 teaspoon vanilla

Stone dates, add butter and pour boiling water on them. Let stand 20 minutes. Beat eggs and sugar, add date mixture. Add flour, salt and soda. Mix well. Add walnuts and vanilla. Bake in moderate oven about 1½ hours.

ELIZABETH R. McGUINN, 66 Valentine Street.

FRUIT BREAD

1 quart sifted flour
1 teaspoon salt
¾ pound seedless raisins
1 pound currants
¼ pound shortening (butter and lard)
2 cups milk or water
1½ cups sugar
1 teaspoon caraway seeds
¼ pound seeded raisins
¼ pound citron (shredded fine)
3 yeast cakes

Mix all dry ingredients together, stir in fruit, add shortening in small pieces or melted. Add yeast to either warm milk or water. Mix into stiff batter and let stand to rise over night. Use large mixing spoon to put it in bread tins in morning. Let rise again until double in bulk. Bake in moderate oven about ¾ of a hour. This makes delightful sandwiches with either cream cheese or plain American cheese. It is nice toasted or can be used plain buttered.

MRS. ERNEST E. DAVIS, 178½ Blackmer Street.

HEALTH BREAD

2 cups graham flour
3 teaspoons baking powder
1 teaspoon salt
1 egg
1 cup white flour
½ cup molasses
1½ cups milk
½ cup sugar
½ cup finely chopped nut meats

Mix dry ingredients with nut meats. Beat egg, add molasses and add dry ingredients. Place in well greased bread pan and let rise 20 minutes. Bake in a moderate oven.

MRS. ROSE MOLLES, 13 Columbia Street.

SWEDISH HEALTH BREAD

1 yeast cake
½ cup scalded milk
½ cup flour
½ cup melted butter
⅔ cup sugar
1 well beaten egg
¼ teaspoon salt
½ teaspoon almond extract
1½ cups flour

Add yeast cake to scalded milk which has cooled until lukewarm. As soon as dissolved add flour. Beat thoroughly and cover to let rise. Add melted butter, sugar, egg, well beaten, salt, almond extract, and flour. Toss on floured board and knead, adding ½ cup flour. Cover and let rise again. Cut off three pieces of the mixture of equal size into three inch strips. Roll and braid the strips. Put on buttered sheet. Cover and let rise. Brush with yolk of egg slightly beaten and diluted with ½ teaspoon cold water. Sprinkle with chopped almonds. Bake in moderate oven 25 minutes.

MRS. ENOCH I. CLEGG, No. Falmouth.

NUT BREAD

2 eggs
1 cup sugar
1 teaspoon salt
1½ cups milk
4 cups flour
4 teaspoons baking powder
1 cup chopped nuts

Beat eggs light; add sugar and milk. Stir in flour, salt and baking powder sifted. Add nuts lightly floured. Bake in moderate oven 1 hour.

MISS ELIZABETH LAINE, 82 High Street, Wareham.

FIG AND NUT BREAD

2½ cups flour
1 teaspoon salt
4 teaspoons baking powder
1 cup sugar or
½ cup sugar and
½ cup molasses
1½ cups whole wheat or graham flour
1 cup nut meats
½ cup chopped, dried figs
1 egg
2 cups milk

Sift white flour, salt and baking powder and sugar together. Mix thoroughly with the whole wheat or graham flour; add nut meats and figs. Combine well beaten egg with the milk and add to this mixture. Mix thoroughly, pour into a well greased pan and let stand 20 minutes before baking. Bake 1 hour. Makes 1 loaf. (I have used raisins in place of figs and like it very well).

MRS. LEDA BOURBEAU, 436 Cedar Grove Street.

NUT GRAHAM BREAD

1 cup graham flour
3½ teaspoons baking powder
⅙ teaspoon soda
1 cup milk
1 cup white flour
1 teaspoon salt
½ cup molasses
½ cup nuts

Sift graham and white flour before measuring. Mix and sift all dry ingredients. Mix liquids and add to dry ingredients. Add nuts and bake 1 hour in moderate oven.

MRS. KATHERINE C. BONNEY, 241 Reed Street.

GRAPE NUT BREAD

¾ cup grape nuts
1¼ cup sweet milk
1 teaspoon salt
½ cup sugar
1 beaten egg
2 cups sifted bread flour
2 heaping teaspoons baking powder

Pour milk over grape nuts and let stand 15 minutes. Add ingredients and mix well and bake in oven ¾ hour.

MRS. GEORGE NORTICOTT, Middleboro.

GRAPE NUT BREAD

½ cup grape nuts
2 cups flour
2 teaspoons baking powder
1 egg beaten
1 cup sour milk
½ teaspoon saleratus
pinch of salt
½ cup sugar

Soak grape nuts in milk 10 minutes. Sift dry ingredients, add egg, then milk and grape nut mixture. Let rise 20 minutes. Bake in moderate oven 325° F.

MRS. C. G. McKAY, 57 Campbell Street.

GRAPE NUT BREAD

1 cup grapenuts
2 cups milk
¾ cup sugar
3 cups flour
1 egg
salt
4 teaspoons baking powder

Heat 1 cup of milk and pour over grapenuts. Let stand a few minutes then add remaining cup of milk, sugar and egg beaten light. Sift flour, baking powder and salt and add to above. Put in pan. Let stand 20 minutes. Bake in moderate oven 45 minutes.

MRS. J. MACHOL, Mattapoisett.

PRUNE BREAD

1¼ cups bread flour
1¼ cups whole wheat flour
3 rounded teaspoons baking powder
1 teaspoon salt
1½ tablespoons shortening
2 eggs
1 cup milk or water
¾ cups chopped prunes
⅓ cup sugar

Mix and sift salt, baking powder and flour. Beat eggs and stir into sugar and milk also the melted shortening. Add flour mixture slowly, stirring vigorously. Add chopped prunes which were soaked and stoned previously, stir and beat until prunes are well distributed. Pour into a greased pan and let stand for 25 to 30 minutes in warm place. Bake 1 hour in moderate oven.

MISS MARY M. BOEHLER, 95 Tallman Street.

RICE BREAD

1 cup rice
3 cups cold water
1 tablespoon sugar
2 tablespoons shortening
2 teaspoons salt
1 yeast cake
½ cup lukewarm water
5 cups flour

Wash rice and add cold water. Put in double boiler and steam 1 hour; add sugar, shortening, salt and mix altogether and let cool until lukewarm. Add yeast cake dissolved in lukewarm water and then add flour. Let rise over night. In the morning knead and shape into loaves. Place in pans and let rise. Bake in moderate oven. If necessary, add more flour in the morning.

HELEN ROSE, Truro, Pine View Cottage.

AMERICAN RYE BREAD

1 yeast cake
2 cups lukewarm water
1 cup milk, scalded and cooled
1½ cups sifted white flour
5 cups rye flour
1 tablespoon lard or butter, melted
1 tablespoon salt

Dissolve yeast in lukewarm liquid, add 2½ cups rye flour to make a sponge. Beat well. Set aside for 2 hours. Then add white flour, shortening, salt, and the rest of rye flour. Knead 5 minutes; let rise 2 hours; put in pans and let rise 1 hour. Brush with white of egg and water.

MRS. H. AMELIA STEVENS, 769 Rockdale Avenue.

WHITE BREAD

1 cup scalded milk
1 cup boiling water
2 tablespoons pure lard
1½ teaspoon salt
1 tablespoon sugar
1 yeast cake mixed with
¼ cup lukewarm water

Add salt, sugar and fat to scalded mixture then add about 6 cups of sifted flour. Turn dough on floured board, knead by pushing dough into palm of hand and drawing it forward with the fingers. Knead 15 or 20 minutes, if done by hand. If bread mixer is used, knead about 3 minutes. Put dough into a bowl, cover closely and let rise to double its bulk, knead again, form into loaves, put in greased pans, let rise again and bake in hot oven for 10 minutes. Decrease heat to slow and let bake about 50 minutes. The time for baking bread is usually divided into ¼. The first ¼ the bread rises, the 2nd ¼ the bread begins to brown, the 3rd¼ it finishes browning and the 4th ¼ the baking is completed and the bread shrinks from the pan.

MRS. FRANCES WILSON, 23 Sherman Street.

SWEET YEAST BREAD

1 pint warm milk
pinch of salt
1 yeast cake
1 cup flour
1 quart milk
1 cup butter
little warm water
pinch salt
1 tablespoon vanilla
2 cups sugar
18 eggs or 12 beaten with the sugar

Mix 1 pint of warm milk, pinch of salt, 1 yeast cake and 1 cup of flour and let stand 3 hours. For bread 1 quart milk, butter, add little warm water, pinch of salt, vanilla, 2 cups sugar and the eggs. Add all the yeast and flour to knead bread with. Do not have it too soft or too hard. Makes about eight loaves.

MRS. DeMELLO, 34 Lindsey Street.

FAVORITE HOME-MADE BREAD

2 quarts flour (after sifting)
2 tablespoons lard or butter
1 tablespoon sugar
1 dessertspoon salt
1 quart of wetting
1 yeast cake
1 pint milk, scalded
1 pint water

Mix flour, shortening, sugar and salt together. Have ready 1 pint of milk which has been scalded and allowed to cool to lukewarm. Heat 1 pint of water in which the dinner potatoes were boiled and is also lukewarm. Dissolve yeast cake in milk and water and mix until a moist dough is formed, knead gently for 15 minutes. Cover and let rise until morning. Make into loaves. Let rise for 1 hour. Bake 1 hour.

MRS. NORA McGOVERN, Childs Street, Portsmouth, R. I.

BREAD STICKS

(To be served with soup)

Dissolve ¼ cup butter in 1 cup warm milk and add to 4 cups flour to which has been added 1 tablespoon sugar, the white of 1 egg beaten stiff, a pinch of salt, and ¼ cup yeast. Knead well and let dough rise over night. In morning make up into little balls the size of a walnut and roll each ball into a stick 8 inches long. Let them rise ½ hour and bake in moderate oven.

MRS. CARRIE I. GREENE, 34 Harrison Street.

BAKING POWDER BISCUITS

Sift 6 teaspoons baking powder, 3 cups flour, 1 teaspoon salt and 1 tablespoon sugar. Rub in 3 tablespoons shortening. Pour in 1 cup milk. Turn on floured board and pat ½ inch thick. Cut in small biscuits. Bake in well greased pan for 20 minutes.

MARY FREITAS, 23 Garfield Street, South Dartmouth

CHEESE BISCUIT

2 cups bread flour
5 teaspoons baking powder
1 teaspoon salt
1 tablespoon lard
1 tablespoon butter
¾ cup milk and water in equal parts
½ cup grated cheese

Sift dry ingredients, work in shortening, add cheese, then milk and water, roll and shape into biscuits.

MRS. RUFUS A. SOULE, Jr., 21 James Street.

FLEMISH BISCUITS

2 cups flour
4 teaspoons baking powder
½ pound frankfurts
¾ cup milk
1 tablespoon salt
4 tablespoons shortening
¼ cup finely chopped onion
bacon fat

Mix and sift flour, salt and baking powder, cut in shortening, chop frankfurts fine, and add to the flour mixture. Then add the onion and stir in the milk. Drop by spoonfuls on greased baking pan and bake in hot oven about 25 minutes. Serve with bacon gravy. Blend flour and bacon fat together, brown slightly and add enough water to make it of right consistency. Season with salt and pepper. Pour over biscuits and serve hot.

MRS. M. MORTON, 96 Park Street.

OATMEAL BISCUITS

1 cup sugar
1 cup flour
2 eggs
½ teaspoon cinnamon
1½ cups oatmeal
½ cup butter
½ teaspoon soda mixed in
½ cup boiling water
1 cup raisins

Beat eggs, add butter and oatmeal. Sift all dry ingredients, then add soda that has been mixed in boiling water, and then the raisins. Drop by spoonfuls on greased pan. Cook 20 minutes.

MRS. ALBERT HALL, 1113 Chaffee Street.

EGGLESS OATMEAL BISCUIT WITH FILLING

½ cup butter and lard mixed
½ cup sour milk with
1 teaspoon saleratus
1 cup sugar
2 cups rolled oats
2 cups white flour

Mix ingredients together and work dough until thick enough to roll very thin. Cut with biscuit cutter and bake in moderate oven.

Filling

1 pound dates
1 cup water
¾ cup sugar

Cook until thick. When cool, spread between two biscuits. Delicious.

MRS. J. COTE, 390 Ashley Boulevard.

GINGER OATMEAL BISCUITS

½ pound flour
¼ pound drippings
¼ pound syrup
1 teaspoon ground ginger
½ pound oatmeal
¼ pound sugar
½ teaspoon baking soda
pinch of salt

Combine ingredients, roll out thin, cut into rounds, and bake in quick oven until dark brown.

MRS. DELIA STARKIE, 120 Division Street.

SANDWICH BISCUIT

1 pint flour
2 teaspoons baking powder
⅓ teaspoon salt
1 heaping tablespoon butter

Mix into soft dough with milk, roll out ⅜ inch thick, cut in rounds. On half of them spread a little soft butter, add a layer of finely chopped and seasoned cold meat, cover with the remaining rounds, and press together. Brush tops with milk, place one inch apart, and bake in hot oven.

MRS. LUCIE BROWN, West Wareham.

SAUSAGE BISCUITS

½ cup ground sausage meat
4 teaspoons baking powder
4 tablespoons shortening
2 cups flour
½ cup milk
1 teaspoon salt

Mix and sift dry ingredients. Cut in shortening, add milk, handle as little as possible, roll to ⅓ inch thickness, cut with good size biscuit cutter 2½ inch diameter, crease in the middle with a dull knife. Place a heaping teaspoon sausage meat on each ½ biscuit and turn the other ½ over it, the two edges together well. Bake 20 minutes in hot oven.

MISS EVA SHERMAN, 157 Smith Street.

SOUR MILK BISCUITS

2 cups flour
2 teaspoons baking powder
¾ teaspoon salt
2 tablespoons lard
¼ teaspoon soda
¾ cup sour milk

Sift flour, baking powder, and salt together. Rub in lard with finger tips. Dissolve soda in sour milk and add to flour mixture to make a soft dough. Turn out on floured board. Roll to ¼ inch thick, cut with biscuit cutter and bake in a quick oven.

MRS. HAROLD ROSCOW, 251 Ashley Blvd.

STUFFED BISCUITS

2 cups bread flour
5 teaspoons baking powder
1 teaspoon salt
4 tablespoons butter
1 cup milk

Sift together flour, baking powder and salt. Add butter and mix with pie mixer. Add milk, mix quickly and put a small portion in the bottom of small muffin pans which are well greased. In the center of each put a bit of chopped nuts mixed with brown sugar and butter. Cover with biscuit dough and bake 12 minutes in a hot oven or at 450 degrees F.

MRS. B. L. PROVOST, 89 Bonney Street.

SWEET MILK BISCUITS

1 cup milk
1 teaspoon salt
2 cups flour
4 teaspoons baking powder
1 tablespoon lard

Sift dry ingredients and work in lard with two knives or finger tips. Add milk and mix lightly. Roll on floured board, handling as little as possible. Bake in hot oven until a golden brown.

MRS. T. B. HARRIS, 1116 Chaffee Street.

CHILDREN'S BUNS

1 yeast cake
1 tablespoon sugar
½ cup butter
1 cup currants
2 cups milk, scalded and cooled
6 cups sifted flour
1 egg
½ teaspoon salt

Dissolve the yeast and 1 tablespoon sugar in lukewarm milk, add to it 3 cups flour to make an ordinary sponge. Beat well, cover and set aside in a warm place to rise for about 1 hour. When light, add to it the butter and sugar creamed, egg well beaten, currants which have been floured, and remainder of the flour. Knead lightly, place in greased bowl, cover and set aside in a warm place to rise for 2 or 2½ hours. When well risen, turn out on kneading board and mold into rolls. Place in well greased pans, cover and let rise for 1 hour or until double in bulk. Brush with egg diluted with milk. Bake in hot oven for 15 or 20 minutes, and brush top with butter or powdered sugar.

MRS. ELIZABETH M. BASSETT, Harwich.

SWEET FRENCH BUNS

1 yeast cake
1 cup milk, scalded and cooled
¼ cup lukewarm water
1 tablespoon sugar
4 cups sifted flour
¼ cup sugar
3 tablespoons butter
1 egg
1 teaspoon salt
½ teaspoon lemon extract

Dissolve yeast and 1 tablespoon sugar in lukewarm water. Add enough flour to make sponge, about 1½ cups. Beat until perfectly smooth; cover, set aside to rise in warm place 50 minutes, then add sugar and butter creamed, egg beaten, lemon extract and 2½ cups flour. Add salt last. Knead and put in greased bowl about 1 hour. Turn on board and make into clover leaf rolls or any fancy twist. Let rise 1 hour. Bake in hot oven 15 minutes.

MRS. E. D. McGOWAN, 139 No. William Street, Fairhaven, Mass.

CORN BREAD

1 tablespoon shortening
¼ cup sugar
1 egg
¾ cup milk
½ cup flour sifted
2 teaspoons baking powder
1 cup Rhode Island meal

Cream sugar and melted shortening; add egg and beat. Add milk, then sifted flour and baking powder. Last add the Rhode Island meal. Put into a well greased pan and bake 25 minutes in a hot oven.

GRACE P. ANTHONY, 191 Elm Street.

BACON CORN BREAD

1 cup corn meal
1 cup flour
1 tablespoon sugar
2 teaspoons baking powder
1 egg
1 cup milk
½ pound bacon cut fine

Sift dry ingredients, beat egg, add milk and pour into dry ingredients beating thoroughly. Spread thin in a greased baking pan and sprinkle bacon on top. Bake in 450 oven for 15 minutes. This is excellent corn bread.

MRS. C. E. GELETTE, 9 Brownell Street.

BREAKFAST CORN BREAD

1 cup flour
1 cup milk
½ teaspoon salt
2 teaspoons baking powder
1 cup yellow corn meal
1 tablespoon sugar
1 egg
½ pound bacon cut fine

Sift dry ingredients, beat egg and add milk, mix all together, spread thin on greased pan. Sprinkle chopped bacon over top and bake 20 or 25 minutes in hot oven.

MISS AGNES CLARK, 3 Arch Street.

CORN MEAL GNOCCHI

2 cups white corn meal
1 quart boiling water
salt
pepper
nutmeg
2 egg yolks
grated cheese
melted butter

Cook first 5 ingredients together for 20 minutes. Beat in egg yolks. Spread ½ inch thick on a moistened pan. When cold cut in 2 inch cubes and place in a buttered dish. Sprinkle with cheese and melted butter and bake until brown in a moderately hot oven. Time in oven 10 minutes. Temperature 375. Serves 10.

MRS. RALPH E. TAYLOR, 268 Palmer St.

SPOON-CORN BREAD

2 cups water
1 cup white corn meal
1 cup milk
1 tablespoon butter
1 teaspoon salt
2 eggs

Mix water and corn meal and bring slowly to the boiling point. Cook 5 minutes. Add the milk, butter, salt and well-beaten eggs. Beat thoroughly and bake in a well-greased pan for 25 minutes in a moderately hot oven (350) F. Serve from the same dish with a spoon.

MERIBAH CARROLL, 295 Arnold Street.

STEAMBOAT CORN CAKE

1 cup yellow meal
pinch of salt
1 teaspoon baking powder
1 tablespoon sugar
1 cup milk
1 egg, well beaten

Stir the dry ingredients together. Add milk and egg. Bake in a round cake tin.

MISS ETHEL B. SHEPHERD, 476 Union Street.

WHITE CORN CAKE

¼ cup butter
¼ cup sugar
1¾ cups milk
1¼ cups white corn meal
1¼ cups flour
4 teaspoons baking powder
1 teaspoon salt
2 egg whites

Cream the butter and sugar. Mix and sift the dry ingredients and add alternately with the milk. Beat the egg whites stiff and fold into the mixture. Bake in 2 well greased, shallow pans for 30 minutes in a moderate oven 350 degrees.

MRS. A. J. LARIVIERE, 104 Fern Street.

CAPE COD DOUGHNUTS

1 cup sugar
1 egg
1 teaspoon soda
1 teaspoon lemon extract
1 cup milk
butter size of walnut, (melted)
2 teaspoons cream of tartar
Enough flour to make stiff dough
1 teaspoon nutmeg

The doughnuts made by this recipe took the prize at one of the fairs.

MRS. ALICE L. W. CHASE, Dennis Port.

DELICIOUS DOUGHNUTS

3 eggs
1 cup sugar
1 cup milk
1 tablespoon melted butter
3 large teaspoons baking powder
salt
flour
little nutmeg

Beat eggs light, add sugar, milk and melted butter. Sift baking powder with flour and roll out as smooth as possible. Fry in deep fat.

MRS. J. M. BRIGGS, 123 Bedford Street.

NANTUCKET DOUGHNUTS

1 cup sugar
1 teaspoon salt
1 teaspoon vanilla
1 tablespoon melted fat
1 cup sour milk
2 cups flour
1 teaspoon soda
2 teaspoons cream tartar
2 well beaten eggs
flour enough to roll

Mix dry ingredients; add milk and eggs. Add flour enough to handle the mixture. Roll ¼ inch thick. Cut out with a round cookie cutter, punch with thumb and finger to form holes.

WINIFRED WRADEN, 119 Orange Street, Nantucket.

MOLASSES DOUGHNUTS

1 cup molasses
2 eggs
1 cup sweet milk
2 small teaspoons cream of tartar
½ cup sugar
1 tablespoon lard
2 small teaspoons soda
¼ teaspoon salt
1 teaspoon cinnamon

Mix in enough flour to make a soft dough, just so you can spoon it out, then pat out doughnuts. Instead of rolling, cut them all out before frying, and it makes them better to stand away. Fry in fat which is just warm enough to make them rise up.

MRS. FOSTER L. TAYLOR, 34 Oak Street.

ORANGE DOUGHNUTS

Scant ¼ cup shortening
1 egg white
1 teaspoon cream of tartar
1 pound flour
½ cup milk
2 egg yolks
6 tablespoons sugar
rind of 1 orange, grated
½ teaspoon salt
½ teaspoon soda

Mix together and sift all dry ingredients, add milk and egg well beaten. Roll out and cut with doughnut cutter. Fry in deep, hot fat. Drain and roll in granulated or powdered sugar.

ISABEL M. KENNEDY, 34 Oak Street.

POTATO DOUGHNUTS

4 medium sized potatoes
1 tablespoon butter
1 cup sugar
½ cup sour milk
2 eggs beaten
1 teaspoon soda (saleratus)
2 teaspoons baking powder
½ teaspoon salt
little nutmeg
flour to roll

Boil potatoes until soft, mash smooth and add butter. Beat until creamy. When cool add sugar, sour milk, beaten eggs, soda (saleratus), baking powder, salt, nutmeg and flour to roll out. Fry in deep fat. These doughnuts always stay soft.

MRS. E. S. SMALLEY, Buzzards Bay, Mass.

NEVER FAIL DUMPLINGS

1 large cup pastry flour
½ teaspoon salt
2 teaspoons baking powder
1 tablespoon lard
½ glass ice water

Mix and sift dry ingredients. Blend in lard and then water. Mix lightly together and when mixture forms ball, toss on floured baking board and roll out (not too thin) and cut in circular motion. Drop in boiling stew and keep covered fully fifteen minutes. Do not remove cover or have stew boiling too hard.

MRS. F. RICHARDSON, East Fairhaven.

APPLE FRITTERS

2 medium sized apples
1⅓ cups flour
¼ teaspoon salt
2 teaspoons baking powder
1 well beaten egg
⅔ cup milk

Wash, pare, core and slice apples. Mix and sift flour, salt and baking powder. Add egg and milk. Beat well. Add apples. Drop by spoonfuls into hot deep fat and cook until delicately browned. Drain on unglazed paper and sprinkle with powdered sugar or serve with the following SAUCE:

1 cup sugar
1 tablespoon flour
1 cup hot boiling water
small piece butter
flavoring

Cook until thick.

MRS. A. W. HEALY, 2 White Street.

APPLE FRITTERS

1⅓ cups flour
¼ teaspoon salt
2 teaspoons baking powder
1 well beaten egg
2 apples, cut in thin slices

Sift together thoroughly the flour, baking powder and salt. Add the milk and egg, then the sliced apples. Drop by spoonfuls into deep hot fat. When cooked, drain on paper, sprinkle with powdered sugar and serve at once.

MRS STANLEY PELCZAR, Route 30.

CORN MEAL GEM

1 cup corn meal
1 cup white flour
1 cup sweet milk
2 teaspoons baking powder
1 cup beaten egg
2 tablespoons melted shortening
1 tablespoon sugar
½ teaspoon salt

Sift meal, flour, baking powder, salt and sugar. Add egg, shortening and milk. Beat well and bake 20 minutes in quick oven.

MRS. WILLARD PERRY, East Wareham.

OUR GRAHAM GEMS

1 tea cup molasses
1 heaping teaspoon baking soda
1 pint sour milk
1 teaspoon salt
wheat flour
graham flour

Into a tea cup of molasses stir thoroughly baking powder. When it is a mass of foam add sour milk. Stir this well with the molasses; add salt and stir in twice as much wheat flour as graham flour until you have a dough stiff enough to stand alone. Drop by spoonfuls on hot greased pan and cook in hot oven until a golden brown. Serve hot with butter.

MRS. A. A. COLLINS, 8 Washington Street, Fairhaven.

CORNFLAKE GRIDDLE CAKES

1 cup wheat flour
2 teaspoons baking powder
½ teaspoon salt
1 egg beaten light
1 cup milk
1 tablespoon melted shortening
1 cup cornflakes

Sift together the first three ingredients; add the others in the order enumerated and mix. Bake at once on a hot greased griddle. A little more milk may be needed but do not add until after baking one cake.

AURORE DUVAL, 109 Howard Avenue.

EGGLESS SOUR MILK GRIDDLE CAKES

1 cup sifted flour
¼ teaspoon salt
½ teaspoon baking powder
½ teaspoon saleratus
1¼ cups thick sour milk
1 tablespoon melted butter

Sift together flour and baking powder. Dissolve soda in sour milk, stir into dry mixture; add butter last.

MRS. CLADEAH BUTLER, 7 Hawkins Street, Danielson, Conn.

FRUIT GRIDDLE CAKES

2 cups flour
3 teaspoons baking powder
½ teaspoon salt
1 egg
¾ cup blueberries or huckleberries
2 tablespoons sugar or molasses
1⅓ cups milk

Sift flour, baking powder and salt. Beat with sugar or molasses and mix altogether with milk. Bake on griddle pan.

MRS. ALICE E. PEPIN, 15 Covell Street.

BACON MUFFINS

½ cup flour
½ cup bran
1 cup sweet milk
1 egg well beaten
3 teaspoons baking powder

Beat ingredients altogether. Have fried 4 or 5 slices bacon quite crisp. Cut in small pieces and add to the mixture also 2 tablespoons of the bacon fat for shortening. This makes 1 dozen good-sized muffins. They are nice and hearty for breakfast and cheaper than meat. Whole wheat muffins can be made by using 1 large cup of whole wheat instead of the flour and bran.

MRS. ELEANOR JEFFERSON, 10 Burr Parkway, Wareham.

BLUEBERRY MUFFINS

1 egg beaten
¾ cup sugar
¼ teaspoon salt
1½ cups flour
2 teaspoons baking powder
1 cup berries
½ cup milk
2 tablespoons melted butter

Beat all thoroughly together. Bake 25 minutes.

SARAH WATERMAN, 8 Maple Street.

CHEESE MUFFINS

2 cups flour
4 teaspoons baking powder
¼ teaspoon salt
2 tablespoons melted butter
1 egg
¾ cup milk
½ cup grated cheese

Sift together flour, baking powder and salt. Add cheese. Mix to a batter with the butter, beaten egg and milk. Put in muffin pans and bake 20 minutes.

MRS. ANNABELLE GAY, 248 Palmer Street.

CORN MUFFINS

¾ cup corn meal
1¼ cups flour
½ teaspoon salt
5 teaspoons baking powder
¼ cup molasses
1 cup milk
1 egg
1 tablespoon melted butter

Mix and sift dry ingredients; add molasses, milk, egg, well beaten; add melted butter. Stir well. Bake in shallow buttered pans in hot oven for twenty minutes.

MRS. JOHN COOLIDGE, 39 Farmington Av., Plainville, Conn.

EGGLESS POTATO CORNMEAL MUFFINS

1 cup mashed potato
1 teaspoon salt
4 teaspoons baking powder
1 cup cornmeal
1 tablespoon syrup
1 cup sweet milk
2 tablespoons melted fat

Mix dry ingredients and add to the potato, then stir in milk and fat. Add just enough milk to make mixture drop easily from spoon.

MRS. JOHN GIZA, 67 Ruth Street.

FRUIT TEA MUFFINS

¼ cup butter
⅓ cup sugar
2 eggs
2 cups flour
5 teaspoons baking powder
¼ teaspoon salt
⅔ cup milk
½ cup chopped raisins

Cream butter and sugar together. Add beaten eggs and mix well. Mix and sift flour, baking powder and salt. Add alternately with the milk to the first mixture. Add the raisins and mix well. Bake in a greased muffin pan in hot oven 400 F. 25 to 30 minutes. For variety use chopped dates or fresh blueberries in season in place of raisins.

MAYBELLE KEEFE, 16 Rounds Street.

GOLDEN BANTAM MUFFINS

2 cups Golden Bantam corn, cut from cob
¼ cup milk or
½ cup corn if corn is dry
2 eggs
2 cups flour
3 teaspoons baking powder
1 teaspoon salt
⅛ teaspoon pepper

Use fresh uncooked corn. Put corn through food chopper, add milk, eggs beaten well, add flour, baking powder, salt and pepper which have been sifted together. Mix and drop into hot greased muffin tins. Bake in hot oven about 25 minutes. Other corn can be used if available.

MISS LEONORA AMARAL, 122 Fair Street.

HAM MUFFINS

¼ cup butter
1 beaten egg
¾ cup flour (graham)
¾ cup chopped cooked ham
3 level teaspoons baking powder
1 cup milk

Beat butter to cream, add ham. Mix well, then add egg, graham flour sifted with baking powder and milk. Mix thoroughly and divide into 12 hot, well greased muffin tins. Bake in hot oven 20 minutes. Serve hot or cold.

MRS. ANNIE L. DUTRA, 161 Acushnet Avenue.

NEVER FAIL DROP MUFFINS

1½ cups pastry flour
3½ teaspoons baking powder
¾ teaspoon salt
3 tablespoons lard
⅓ cup milk
⅓ cup water

Sift dry ingredients together and work in lard with tips of fingers. Add milk and water and mix quickly. Drop into buttered pans and bake in hot oven.

BARBARA M. QUINN, 69 Locust Street.

NUT MUFFINS

2 cups flour
½ teaspoon salt
3 teaspoons baking powder
3 tablespoons sugar
1 egg
1 cup milk

Mix dry ingredients together. Add beaten egg to which milk has been added. Beat hard for 2 minutes. Add ½ cup nuts, and bake.

MRS. CHARLES B. CLAVIN, 134 Ryan Street.

ONE-EGG MUFFINS

2½ cups flour
⅔ teaspoon salt
1¼ cups milk
4 teaspoons baking powder
2 tablespoons sugar
1 egg
2 tablespoons melted butter

Sift together thoroughly the flour, baking powder, salt and sugar. Add gradually the milk, egg and shortening. Bake in hot greased gem pans 25 minutes.

JOSEPHINE VASQUE, 37 Washburn Street.

PEANUT BUTTER MUFFINS

⅓ cup peanut butter
½ teaspoon salt
¾ cup milk
¼ cup sugar
2 teaspoons baking powder
1 egg
1½ cups flour

Cream butter, add sugar, then beaten egg and milk, little at a time, alternate with flour. Bake in muffin tins 20 minutes.

MRS. E. T. PIERCE, 45 DeWolf Street.

PECAN MUFFINS

1 cup graham flour
1 cup white flour
4 tablespoons brown sugar
¾ teaspoon salt
4 teaspoons baking powder
½ cup Pecans
1 cup milk
1 egg
4 tablespoons shortening

Mix together dry ingredients, add nuts, milk, eggs and melted shortening. Beat well. Put 1 tablespoon of batter into greased and floured muffin pans. Put ½ pecan on each muffin. Bake in hot oven 425 F. for 18 to 20 minutes.

MISS ALICE GREAVES, 25 Social Street.

SUNDAY MORNING RICE MUFFINS

1 cup of Reliable Flour
1 cup pastry flour
¾ cup of milk
pinch of salt
2 teaspoons sugar
1 egg well beaten
1 cup of boiled rice

Mix the ingredients together in the order given. Drop into warm buttered muffin pans and bake in hot oven ½ hour. This recipe will make 12 muffins.

FRED SHERMAN, Crescent Beach, Mattapoisett.

SURPRISE MUFFINS

2 cups flour or
1 cup flour and 1 cup graham flour, or
1 cup flour and 1 cup corn meal
1 cup milk
2 tablespoons shortening
3 teaspoons baking powder
1 tablespoon sugar
½ teaspoon salt
2 eggs
jelly or stoned dates

Sift dry ingredients, add milk, well beaten egg and melted shortening. Mix well. Put tablespoon batter into each greased muffin tin. Drop into center of each one a teaspoon of currant, apple or other jelly or one date. Add another teaspoon batter and bake in hot oven 20 minutes or if necessary, 10 minutes longer.

HELEN R. PORTER, 75 So. Chestnut Street, Fairhaven.

GRAHAM POPOVERS

⅔ cup whole wheat flour
¼ teaspoon salt
⅞ cup milk
⅓ cup flour
2 teaspoons baking powder
2 well beaten eggs
½ tablespoon melted butter

Sift flour and salt in bowl; beat eggs well, add the milk and continue beating. Add milk and egg mixture to flour, stirring carefully to prevent lumps, then beat with Dover beater until the batter is perfectly smooth and full of bubbles. Have heavy gem pans well greased and heated. Fill about ½ full and place in hot oven. Bake 50 minutes. The first 15 minutes lower the temperature and continue baking. Each cake should have doubled in size, should be dry and crisp and hollow. If not thoroughly baked, they will shrivel and be moist and soft inside.

MRS. LUCIA BOISVERT, 180 Hadley Street.

HOLLOW HEARTED POP OVERS

2 eggs
1 cup sweet mlk
½ teaspoon salt
1 cup flour

Beat eggs without separating until they are creamy; add sweet milk, salt and flour. Beat until smooth. Strain, then half fill hot, greased pans and bake 25 minutes in moderate oven.

MISS ELSIE C. REED, 139 Cottage Street.

BUTTERSCOTCH ROLLS

1 cup brown sugar
⅓ cup and 2 tablespoons shortenng
2 cups and 2 tablespoons flour
1 cup sugar
2 teaspoons baking powder
¾ cup milk
1 teaspoon salt
1 cup raisins
1 teaspoon cinnamon

Line a layer cake pan with a paste made by creaming 1 cup brown sugar and 1-3 cup shortening. Then sift 2 cups flour, 2 teaspoons baking powder together; add 2 tablespoons shortening; ¾ cup milk, 1 teaspoon salt and make a dough. Roll the dough in a ¼ inch thickness and sprinkle the following on top: Mix 1 cup sugar, 2 tablespoons flour, 1 cup raisins, 1 teaspoon cinnamon. Roll and cut into ½ inch pieces, place in pan with cut side down. Bake in a 400 degree oven for 20 minutes. This recipe makes 1 dozen medium sized rolls.

MRS. EDMOND ALLARD, 798 County Street.

DELICIOUS CLOVER ROLLS

1 quart scalded milk
1 cup butter
1 cup sugar
1 cup riced potato, hot
1 teaspoon soda
1 yeast cake
½ cup water
12 cups flour
2 teaspoons baking powder
1 teaspoon salt

Mix milk, butter, sugar and potatoes together. Put all into milk and let cool. Dissolve yeast cake in water, add sifted flour. Make hole in flour and pour liquid into it. Add baking powder, soda and salt. Cover and rise over night. Make tiny balls and place 3 in each muffin ring. Let rise and bake. This can be placed in the ice box and used as needed. For small family use ¼ of recipe.

GRACE NICHOLS, 162 Arnold Street.

EVERLASTING ROLLS

1 yeast cake
½ teaspoon sugar
½ cup sugar
2 teaspoons salt
8 cups flour
½ cup warm water
½ cup shortening
1 egg
2 cups warm water

Dissolve yeast cake in warm water and ½ teaspoon sugar for 45 minutes. Cream shortening with ½ cup sugar, add beaten egg, salt, warm water and dissolve yeast. Then add sifted flour so dough can be well kneaded. When elastic to touch set dough in warm place and let rise to double its bulk. Cut down, knead well, and form in rolls and again let rise to double its bulk. Bake in hot oven about 25 minutes. Dough may be kept on ice for one week.

MRS. HENRY DRAPER, Buzzards Bay.

NUT AND RAISIN ROLLS

2½ cups flour
4 teaspoons baking powder
½ teaspoon salt
1 tablespoon sugar
1 tablespoon butter
1 beaten egg
⅔ cup milk

Sift flour, baking powder, salt and sugar. Add butter, beaten egg to 2-3 cup milk and add to dry ingredients, mixing well. Turn out on floured board and knead lightly. Roll out very thin. Spread with butter and sprinkle with raisins. Chopped nuts and a little sugar (granulated). Cut into 4 inch squares, then roll out each as for jelly roll. Press edges together. Brush over with yolk of egg, mixed with little cold water and sprinkle with nut and sugar; allow to stand in greased pan about 15 minutes. Bake 20-25 minutes.

MRS. BERTHA FOUQUETTE, 268 Eugenia Street.

PARKER HOUSE ROLLS

½ pint milk
2½ tablespoons sugar
½ teaspoon salt
1½ yeast cakes
½ cup lukewarm water
3 or 4 cups flour
1 tablespoon butter

Scald the milk, dissolve the yeast cakes in lukewarm water, then mix the salt and flour. To the liquids add the dissolved yeast and then mix flour in until of the right consistency. Knead 20 minutes. Roll out ½ inch thick; cut and fold over. Let rise 25 minutes. Bake in hot oven 15 or 20 minutes.

MRS. S. PAGE, 705 Summer Street.

RYE ROLLS

1 cup flour
1 teaspoon salt
1½ cups milk
3 cups rye flour
6 teaspoons baking powder
1 tablespoon shortening

Sift together dry ingredients, add milk and melted shortening. Knead on floured board and shape into rolls. Put into greased pans and allow to stand in warm place for 20 minutes. Bake in hot oven 25 minutes.

MRS. H. MILLER, 537 Rockdale Avenue.

BLUEBERRY WAFFLES

2 eggs well beaten
1 cup sweet milk
¼ cup shortening, melted
2 cups flour
3 teaspoons baking powder
1 teaspoon salt
1 cup blueberries

To eggs add milk and shortening. Sift and mix flour, baking powder and salt and add to liquids. The batter should be the consistency of whipped cream. It it seems thick, dilute with a little water. Fold in berries and bake in iron. Serve piping hot with melted butter and hot stewed blueberries, sweetened to taste.

MRS. JOHN W. ROACH, 682 Eastern Avenue, Fall River, Mass.

CHOCOLATE WAFFLES

2¼ cups flour
½ teaspoon soda
½ teaspoon salt
½ cup sugar
½ teaspoon vanilla
1 cup milk
2 tablespoons melted shortening
2 eggs beaten separately
2 squares melted chocolate

Mix and sift dry ingredients. Add sour milk, shortening, egg yolks and chocolate. Combine mixtures, fold in whites, flavor and bake in a hot waffle iron.

MISS MARY COLEMAN, 134 Eaton Street, W. Fitchburg, Mass.

CLAM WAFFLES

2 cups flour
3 teaspoons baking powder
1 teaspoon salt
⅛ teaspoon pepper
2 eggs
1 cup chopped clams
1 cup milk
½ cup melted butter

Mix dry ingredients. Beat egg yolks; add milk and clams and stir into flour. Add melted shortening and fold in stiffly beaten egg whites. Bake in waffle iron.

MRS. WILLIAM P. BRIGGS, 123 Bedford Street.

MATTIE'S WAFFLES

2 cups sifted bread flour
3 teaspoons baking powder
½ teaspoon salt
1 cup milk
4 tablespoons melted butter
3 egg whites, stiffly beaten
3 egg yolks, well beaten

Sift flour, add baking powder and salt, and sift again. Combine egg yolks and milk and butter. Add to the flour, beating until smooth, then fold in the egg whites. Bake on hot, greased waffle iron. Serve with honey or maple sugar and butter.

MRS. MATTIE PIPPIN, Mytifine Lunch, Buzzards Bay.

ONE INDIVIDUAL ORDER OF WAFFLES

1 egg
⅓ cup milk
1 cup flour
2 tablespoons melted butter
1⅓ teaspoons baking powder
little pinch of salt

In mixing add flour, milk and butter last.

WHITE HOUSE GRILL, Helen C. Wade, Mattapoisett.

THREE EGG WAFFLES

2 cups flour
1 teaspoon baking powder
½ teaspoon salt
1¼ cups milk
4 tablespoons melted butter
3 eggs

Mix and sift dry ingredients, add egg yolks beaten and stirred into the milk. Add melted butter and fold in whites of eggs beaten stiff. Heat waffle iron 10 minutes before using.

MRS. THELMA McHUGH, 574 Slocum Road, No. Dartmouth.

BLUEBERRY PANCAKES

1½ cups pancake flour
1 teaspoon sugar
1½ cups milk
1 egg (whole)
2 tablespoons shortening
½ cup fresh blueberries

Mix together flour and sugar. Beat the egg; add the milk and then the melted shortening to it. Immediately pour these liquids onto the dry ones. Beat until the lumps disappear. Add blueberries. Use sweet or sour milk. Recipe will make 17 medium sized griddle cakes.

MRS. JOS. BELLIVEAU, 125 Sylvia Street.

BUTTERSCOTCH CURLS

2 cups flour
4 teaspoons baking powder
⅔ teaspoon salt
4 tablespoons shortening
⅔ cup milk
3 tablespoons butter
½ cup brown sugar

Sift dry ingredients. Mix shortening in with a fork. Add milk making a fairly soft dough. Knead slightly and roll out ¼ inch thick. Spread well with creamed butter and sprinkle with brown sugar. Roll as for jelly roll and cut in 1 inch pieces. Stand on end in well buttered small muffin tins. Make in moderate oven 30 minutes.

MRS. FRANK O'BRIEN, New Jersey.

CINNAMON TOAST

slightly stale bread
butter
1 teaspoon ground cinnamon
1 cup granulated sugar

Mix together the cinnamon and sugar and transfer to a shaker. Cut the bread ¼ inch thick; trim off crusts and toast quickly so that it will be soft in the middle. Butter generously; shake cinnamon mixture over. Put together in pairs and cut in triangles. Place in a hot oven for a minute or two and serve.

ADA COOPER, 8 Warwick Street.

DELICIOUS TEA CAKES

1 cup scalded milk
2 tablespoons sugar
1 yeast cake
1 egg
4 tablespoons butter
1 teaspoon salt
2 tablespoons milk
3 cups flour

Add butter, sugar and salt to scalded milk. When mixture is lukewarm add yeast cake dissolved in 2 tablespoons milk, and egg slightly beaten. Add flour; cover and let rise until mixture is doubled in bulk; cut down and fill buttered muffin tins 2-3 full; cover again, let rise and bake in moderate oven.

MRS. ELIZABETH A. ADAMS, Chef at Rendezvous, 96 School St.

"HURRY UPS" BRAN

1 cup flour
1 cup bran
½ teaspoon salt
1 tablespoon sugar
¾ cup milk
2 teaspoons baking powder
2 tablespoons butter or lard

Mix dry ingredients; add milk and melted butter. Drop from spoon on buttered tin and bake in quick oven.

MRS. AMELIA ASHLEY, 71 Topham Street.

LOVE KNOTS FOR TEA

5 cups flour
1 cup butter
2 eggs
½ teaspoon soda
2 cups sugar
Lard size of an egg
3 tablespoons sweet milk
A grated nutmeg if desired

Sift soda in flour, then rub in butter, lard and add sugar. Add beaten eggs, milk, and spice. Cinnamon may be substituted in place of nutmeg.

MRS. M. RAWSON, 438 Summer Street.

MOTHER'S LOVE KNOTS

2 eggs
¼ teaspoon salt
½ cup sugar
¼ teaspoon nutmeg
2 tablespoons butter
¼ cup milk
flour to knead hard
1 teaspoon baking powder
1 teaspoon vanilla

Cream the butter and sugar, add beaten eggs. Sift together the baking powder, flour and salt; add alternately with the milk. Lastly add the vanilla. Roll out in tiny pipe stems. Fry in deep fat 365 F. Drain and sprinkle with powdered sugar.

MRS. HILDA C. HARROP, 96 Thompson Street.

OLD FASHIONED JOHNNY CAKE

1 egg
¾ cup sugar
½ teaspoon salt
1 cup milk
1 cup Indian meal
1 teaspoon soda
2 teaspoons cream tartar
1 cup flour

Mix dry ingredients; add beaten egg and milk.

MRS. STANLEY H. PACKARD, 25 Linden Ave., Fairhaven, Mass.

OLD IRISH POTATO CAKE

Boil as many potatoes as desired, mash while hot. When cold, mix with flour until it can be patted in cakes by hand. Fry in frying pan with enough butter to keep them from sticking. Turn often until both sides are brown. Delicious when eaten. Spread with butter. Tasty eaten with apple sauce between two cakes.

MRS. I. ROBINSON, 141 Butler St.

ROLLEMUPS

2 cups flour
⅓ teaspoon salt
3 teaspoons baking powder
3 tablespoons butter
¾ cup brown sugar
1 teaspoon ground cinnamon

Mix to a soft dough. Roll ½ inch thick on a floured board. Sprinkle with sugar and cinnamon mixture and roll into a long roll. Cut into ¾ inch slices and lay cut side down on a greased pan. Bake about 20 minutes in a quick oven.

MRS. CLIFTON KELLEY, Mattapoisett.

SOUTHERN PONE

1 cup milk
½ teaspoon salt
1 beaten egg
½ cup granulated Indian meal
1 tablespoon shortening
½ teaspoon baking powder

Scald milk, add shortening, salt and meal, a little at a time. Cool slightly, add beaten egg and baking powder. Turn into a greased pie tin and bake in moderate oven 35 minutes. Cut in pie-shaped pieces.

CATHERINE CONNELL, 1641 Purchase Street.

II

BEVERAGES

"The cloth is yellow, the china blue,
The tea is a dark and fragrant hue."
—Saunders.

Whether the real importance of beverages is dietetic or social is very largely a matter of point of view. In the morning when the breakfast coffee starts the day off well or badly, according to the coffee-maker's ability, the first opinion is apt to hold with the men and women hurrying off to business. On winter afternoons, however, when a congenial group is gathered around the tea table beside a crackling fire, all due credit is given the beverage as one of the most effective agents for drawing friends together, and its importance seems surely of the second class.

But, regardless of the class in which they may fall, it is a self-evident fact that beverages, which appear faithfully three times a day on the dining table, are one of the most important items on the menu. Be it coffee, tea, cocoa, or a fruit punch, it is unquestionably welcomed as a pleasant addition to a meal or a between-meal snack.

Americans are accredited with being the world's greatest coffee drinkers, yet there are numberless cooks who are unable to make good coffee. For that reason it may be in order to consider what is deemed the most satisfactory method of coffee-making.

First of all, scald the percolator with hot water to get it piping hot. Then add coffee (one heaping tablespoon of dry coffee to each cup of water, plus one extra spoonful) and the correctly measured water. Be sure that the latter is freshly boiled and that it is just under a boiling temperature. The water should never be cold, nor should it be taken either from the hot water faucet or from previously boiled water. Percolation should begin immediately. As soon as the coffee appears a deep amber hue, remove the pot to a place that is warm but not sufficiently hot to allow percolation. Over-percolation and under-boiling destroy the aromatic flavor that makes coffee both a delightful drink and a welcome stimulant if not drunk to excess.

Although America is not considered a tea drinking country, every inhabitant, according to estimates, consumes a pound and a half each year. Green teas from Japan and China; oolongs from Formosa and China; and black teas from India, Ceylon, Java, and China, are almost equally popular.

The secret of tea making lies in the use of freshly boiled water. The water should be boiled so that the theine, the stimulating property of tea, will be extracted. It should be freshly boiled so that there is no chance for it to become flat and insipid by long cooking. The tea itself should be infused, not boiled. Long steeping destroys the delicate flavor by developing a large amount of tannic acid.

Cocoa is popular as a nutrient rather than as a stimulant. To the inveterate tea and coffee drinker, it has little appeal, but there are many abstainers from the former beverages who find cocoa indispensable to them.

The many punches that find their way to the tea table or the buffet to quench the thirst on hot summer days speak for themselves. The chief thing to be remembered about them is the fact that they must not be too sweet or they will fail in their duty as thirst quenchers. Too much sugar or syrup sweetening tends to stimulate thirst rather than drive it away.

BANANA CRUSH

crush 3 bananas	juice of ½ lemon
3 tablespoons sugar	½ pint cream, whipped

Stir together thoroughly. Serve in sherbet glasses with orange juice poured over it.

MRS. WILLIAM C. HAWES, 7 Doane Street, Fairhaven.

BARLEY WATER

Two tablespoons barley, 1 quart of cold water. Wash barley; add water and let soak 4 hours. Cook in same water until water is reduced ½ if to be used for infant feeding; for adults reduce liquid to 1 cup. Salt and cream or lemon juice and sugar may be added as the case requires.

AURORE DUVAL, 109 Howard Avenue.

BEVERAGE (BLACK COW)

1 bottle ice-cold sasparilla soda	small scoop vanilla ice cream

Mix together in a shaker. This is a delightful, cool drink.

MRS. FRED SHERMAN, Crescent Beach, Mattapoisett, Mass.

BREAKFAST COCOA

3 tablespoons breakfast cocoa
3 tablespoons sugar
3 cups milk
few grains salt
1 cup of boiling water

Scald milk in double boiler. Mix cocoa, sugar and salt, add water gradually, that mixture may be perfectly smooth; bring to boiling point and let boil three minutes. Pour into scalded milk and beat three minutes, using a wire whisk or egg beater, thus preventing scum, which is so unsightly. This process is called milling.

MRS. JAMES H. KENYON, Locust Street, Fall River, Mass.

CHOCOLATE MILK

1 cup cocoa
2 cups granulated sugar
2 cups hot water

Mix dry cocoa and sugar thoroughly. Add sufficient hot water to make a thick paste. Add balance of hot water and slowly bring to boiling point. Boil 1 minute, add pinch salt and then cool. Put in glass jar and place in refrigerator. One part of this syrup added to 5 or 6 parts of cold milk, briskly beaten with egg beater, makes a very nourishing beverage.

MRS. CLARA CLARK, 87 Atlantic Street.

HONOLULU CHOCOLATE

6 tablespoons cocoa
4 tablespoons sugar
2 cups water
2 cups evaporated milk
1 cup pineapple juice

Mix sugar and cocoa together, add water, and boil five minutes. Add milk, chill and add the pineapple juice. Mix thoroughly and serve ice cold.

This recipe makes one quart.

MRS. FRANCES WILSON, 23 Sherman Street.

SOUTH AMERICAN CHOCOLATE

¼ tablespoon chocolate
1 cup hot strong coffee
3 cups scalded milk
vanilla

Melt chocolate over hot water, add coffee. Cook 3 minutes. Add scalded milk and beat with egg beater.

MRS. A. EDITH BARROWS, Sears Court Tavern.

BLACK OR AFTER DINNER COFFEE

2 level tablespoons coffee to each cup of water. Have coffee finely ground and water freshly boiling. Pour water over coffee in the upper part of the coffee pot. When it has filtered through pour it again over the grounds, keeping the pot where the water will remain at the boiling point.

MRS. W. A. STEVENS, 769 Rockdale Avenue.

BOILED COFFEE

Boiling is probably the method of coffee making. Use coffee coarsely ground. Put 1 tablespoon of coffee for each cup to be served and 1 extra for the pot. Put 1 whole egg. Mix coffee well with the slightly beaten egg, and add 1 cup cold water. Stir it all together and let stand while the rest of water is being heated. As soon as it comes to a rolling boil, pour it over the mixture in the coffee pot and let boil no longer than 3 minutes. Stuff the spout with paper towelling while the boiling is in process, unless the coffee pot is provided with cap for the spout. 2 tablespoons cold water added just before coffee goes to table will settle it.

CATHERINE BENEFIT, Edgartown.

FROSTED COFFEE

Make a strong coffee. Sweeten and chill thoroughly. Just before serving, drop into each glass 1 teaspoon whipped cream which has been slightly sweetened and flavored with vanilla.

ELLEN D. ROUNSEVELL, 49 Jonathan Street.

ICED COFFEE IN PERFECTION

1 pint cold coffee
1 pint milk
whipped cream
cracked ice
1/8 teaspoon ground cinnamon

Have both coffee and milk thoroughly chilled and mix well; add cracked ice and when serving put in the whipped cream on top of each glass and dust over with cinnamon.

MRS. PEDERSON, 29 Social Street.

GRAPE EGGNOG

1 egg
⅓ cup grape juice
1 teaspoon powdered sugar
¼ cup of milk
nutmeg to taste

Beat egg until very light; add grape juice and sugar and beat again; add milk, beat well. Pour into a glass and dust with nutmeg.

MRS. ROSE M. LEMOS, 112 Rockdale Avenue.

GRAPE JUICE

3 quarts Concord grapes
1 cup cold water
sugar

Slip skins from grapes, and put both skins and grapes in graniteware kettle with 1 cup water and cook slowly for 10 minutes. Strain in jelly bag but do not press.

To each quart of juice add 1 cup sugar. Heat to boiling point. Fill bottles to overflowing and force in stoppers. Seal with hot parafine. Keep in cool, dark place.

When served as a beverage this may be diluted one-half with cold water and poured over chopped ice. Many delectable beverages may also be made from grape juice.

MRS. CHARLES O. REDFIELD, 48 Grape Street.

GRAPE JUICE HIGH BALL

Use Niagara grapes. Wash the grapes and boil until skin, pulp, and seeds separate. Press through jelly bag and add ½ cup of sugar to every pint of juice. Boil for 20 minutes and then chill. Serve in tall glasses half filled with shaved ice and add an equal quantity of charged water. Lemon is an attractive addition.

MISS EVELYN MAE LOPES, 21 Stackhouse Street.

AFTERNOON TEA PUNCH

1 quart grape juice
2 bananas
3 cups sugar
2 oranges
1 quart water to 1 quart juice
4 lemons

Any fruit may be added.

MRS. ALEXANDER BREMNER, Osterville

BLOSSOM PUNCH

1 pint apricot cordial
juice of 2 lemons
1 quart water
ice
carbonated water

Place 1 square piece of ice in punch bowl and pour over the above ingredients. Add carbonated water to suit taste.

MRS. B. L. PROVOST, 89 Bonney Street.

DIXIE PUNCH

juice of 6 lemons
juice of 2 oranges
2 oranges cut in cubes
1 pint crushed strawberries
1 gallon water
1 pound sugar

Mix all together and chill with ice.

MRS. LOUISE SIMMS, 32 Hussey St.

GINGER ALE PUNCH

juice of 4 lemons
1 pint grape juice
sugar or syrup to taste
1 quart ginger ale

Mix fruit juices and sugar or syrup. Just before serving add ginger ale. Put on ice.

MRS. ALICE M. ROBBINS, Marion.

GINGER-GRAPE

To 4 large bottles of ginger ale add 1 large bottle of grape juice. Sweeten to taste and serve in goblets with cracked ice.

MISS MARJORIE CLIFFORD, Carrolton Heights, No. Dartmouth

GINGER PUNCH

½ cup preserved ginger
juice and pulp of 2 oranges
juice and pulp of 2 lemons
1 cup powdered sugar

Set in the ice box a few hours. Put a generous tablespoonful in each glass and fill with ginger ale. This is very good.

MRS. LEDA BOURBEAU, 436 Cedar Grove Street.

GRAPE AND PINEAPPLE PUNCH

1 cup sugar
2 cups water
1 cup crushed pineapple
juice of 2 lemons
2 cups grape juice
1 pint of water

Boil 1 cup sugar and 2 cups water 5 minutes. Add pineapple, juice of lemons and grape juice. Place a block of ice in the punch bowl. Pour this mixture over it and let it stand 10 minutes. Just before serving add 1 pint of water.

MRS. SYLVIA BOURBEAU, 436 Cedar Grove Street.

HALLOWE'EN PUNCH

3 quarts sweet cider
½ cup lemon juice
1 quart gingerale
sugar to taste

Pour gingerale on ice in punch bowl, add mixed ingredients. Makes 20 glasses.

ELIZABETH NYE, 709 County Street.

LIME PUNCH

8 cubes sugar
juice 2 limes
1½ cups water
juice 2 oranges
2 crystallized cherries
sliced pineapple
cracked ice

Rub cubes of sugar over rind of oranges and limes, then put sugar in bowl and pour lime and orange juice over it. Add water and serve when sugar is melted, chilling with plenty of cracked ice. Cut pineapple into cubes and add with cherries at time of serving.

MISS ISABEL KENNEDY, 34 Oak Street.

MINT PUNCH

1 large bunch mint
juice of 2 lemons
1 pound sugar
1 pint water
juice of 1 orange
1 cup pineapple juice drained from canned pineapple

Pick leaves from mint, crush leaves, add lemon juice, let stand about 1 hour. Boil water and sugar to a syrup. Pour over lemon and mint. Cool and strain. When cold add orange and pineapple juice. Serve cold with cracked ice in tall glasses with a sprig of fresh mint in each glass.

MRS. FLORENCE CRYER, 259 Eugenia Street.

ORANGE PUNCH

2 cups orange juice
¼ cup grapefruit juice
2 cups water
grated rind of 1 orange
½ cup sugar

Boil sugar, water and orange rind 5 minutes. Cool, add fruit juices and serve over cracked ice or omit orange rind. Stir until all ingredients are dissolved and serve. Garnish with small thin orange sections in fancy shapes.

MRS. JOSEPH LEMAIRE, 306 Brock Avenue.

PINEAPPLE PUNCH

1 cup juice from canned pineapple
3 tablespoons lime juice
3 tablespoons lemon juice
¼ cup orange juice
1 cup sugar
1 cup boiling water
3 cups cold water

Mix fruit juices. Dissolve sugar in boiling water and boil 2 minutes. Cool and add to the fruit juices. Add cold water and pour over cracked ice. Serve with a Maraschino cherry in each glass. Serves 10.

MRS. MARY REZENDES, 24 Winsper Street.

WAIKIKI PUNCH

Mix—

2 cups syrup drained from grated pineapple
2 cups ice water
2 cups grape juice

Serve with crushed ice.

MRS. FLORENCE E. DAFFINEE, 4 Jenny Lind Street.

WEDDING PUNCH

1 tumbler currant jelly
1 tumbler raspberry jelly
1 tumbler blackberry jelly
12 lemons
2 oranges
1 pint grape juice
1 quart bottle gingerale
2 pounds sugar
3 quarts Apollinaris
1 bottle sarsparilla
1 pint grated pineapple
1 pint preserved strawberries
1 quart can peaches
¼ pound conserved cherries

Grate yellow rind from oranges and lemons into sugar, put them into porcelain lined kettle and add 1 quart water. Stir until sugar is dissolved and boil 10 minutes. Strain while hot add all jellies and stand aside to cool. When cool add grated pineapple, strawberries and cherries, cut into squares. Cover and stand aside all night. At serving time, turn mixture in punch bowl and add 1 quart shaved ice and all other ingredients.

MRS. MATILDA POIRIER, 37 Bullard Street.

ROOT BEER

2 pounds sugar
1 bottle root beer extract
¼ yeast cake
10 quarts lukewarm water

Mix sugar and extract thoroughly, then dissolve in the warm water. Dissolve yeast cake in half cup warm water and add to other mixture. When entirely dissolved, bottle and cap. Place in dark closet away from drafts for three or four days. It is then ready to drink. By placing on ice for about an hour before opening, it will be cool and sparkling.

MRS. BERTHA SULLIVAN, 21 Spooner Street.

COCOA SYRUP

1 cup cocoa
1 cup sugar
1 cup water
1 tablespoon butter
1 teaspoon vanilla

Cook cocoa and water until smooth and thick. Add sugar, salt, and cook a few minutes. Add butter and vanilla. Put in jars and use when wanted for ice cold cocoa.

MRS. ANNABELLE GAY, 248 Palmer Street.

LEMON SYRUP

3 cups sugar
1 cup water
6 lemons

Bring sugar and water to a boil. Add strained juice of 6 lemons. Let it come to a boil again. Then bottle for use. A tablespoonful in a glass of water is delicious.

MRS. PARKER H. FRENCH, So. Dennis, Mass.

ORIENTAL TEA

3 lemons
½ cup sugar
3 cups orange juice
6 whole cloves
2 cups freshly made hot tea
2 cups grape juice

Slice lemons, add cloves and sugar. Pour hot tea over them, set aside to cool and chill. Add orange juice and grape juice. Serve.

MRS. ALVARETTA BEAN, 464 Court Street.

TEA HY-BALL

2 teaspoons orange pekoe tea
1 cup boiling water
ginger ale

Pour boiling water over tea and let stand 6 minutes. Pour half over ice cubes in glass and fill with ginger ale. Garnish with maraschino cherries.

MRS. J. M. CHAMPION, 156 No. Main St., Fairhaven.

III

EGGS

> *"In Saturday's market there's eggs a' plenty*
> *And dead-alive ducks with their legs tied down."*
> —*Mew.*

Eggs, because of their high nutritive value, form one of the chief items on the daily menu. This highly concentrated nutritive value, however, makes necessary the combination of eggs with more starchy foods so that the eater will be provided with a proper proportion of bulk on which the stomach can work. Poorly balanced meals are served far too often, either because the cook is unfamiliar with food values, or because it is so much easier to use whatever happens to be convenient at the time.

As muscle builders, eggs take their place along with cheese and milk, both of which are valuable in replacing worn out tissues. Egg whites contain albumen in its purest form and albumen coagulates at a temperature of from 134 degrees to 160 degrees F. this makes it all-important that eggs be cooked at a moderate temperature to assure digestibility. When they are cooked over a hot fire, eggs are prone to become hard and tough and increasingly difficult to digest.

The ease with which eggs can be boiled, fried, or scrambled, is probably largely responsible for their frequent appearance in these three forms. But even the inveterate devotee of America's favorite ham and egg combination is not displeased to discover his morning eggs served in some new way. Appropriate in some form for any meal during the day, eggs lend themselves to many different methods of preparation and an adventure into any of these unfamiliar fields proves not only beneficial to the digestive system but a stimulant to the appetite as well. The recipes below offer many more interesting suggestions.

EGGS A LA SORRENTO

3 eggs
1 can tomato
2 tablespoons butter
1 medium onion
1 cup cheese
½ teaspoon salt
⅛ teaspoon pepper
toast

Slice onion in rings and saute in butter until tender. Do not brown. Add tomato and diced cheese. Cook until smooth. Moderate heat. Drop eggs into mixture. Let set and then stir. Serve at once on toast.

J. M. WINSLOW, No. Truro, Mass.

EGGS A LA SURPRISE

Boil eggs for exactly three and one-half minutes. Shell very carefully under water without breaking egg. Let stand in boiling water until ready to use. Have ready circles about three inches in diameter of fried bread or toast, in the centers of which a hole has been cut. Set each egg upright in center of each piece of toast. Beat stiff and dry whites of two or three eggs, depending upon the number to serve, and season with salt. Completely cover eggs with whites, putting it on roughly. Take a narrow strip of Spanish pimiento and place around the egg about one inch from the top. Place in oven just long enough for the meringue to brown. Serve hot with Hollandaise or other sauce.

MRS. LAURA FRENETTE, 31 Clifford St.

EGGS BAKED IN WHOLE TOMATOES

3 tomatoes
3 tablespoons buttered crumbs
3 eggs
3 slices bacon
salt and pepper

Scoop out centers of large ripe tomatoes. Break one egg carefully into each tomato; sprinkle with salt and pepper. Cover with bread crumbs and lay slice of bacon on each. Bake in a moderate oven. Turn bacon once during the cooking. Place under broiler for 1 minute to crisp and brown the bacon. Time in oven 30 minutes. Temperature 325 degrees.

ROSE MONIZ, 10 Winter St.

CREAMED EGGS ON TOAST

4 eggs
1 tablespoon butter
1 cup milk
1 tablespoon flour
6 slices buttered toast

Boil eggs 15 minutes. Make white sauce of flour, butter and milk. Lay toast on dish, cover with sauce and add egg white chopped fine, and over all sprinkle yolks rubbed through sieve. This makes a nice breakfast dish.

ADA DAVIS, 139 Robeson Street.

EGGS BROUILLE

6 eggs
½ cup milk or cream
¼ pound mushrooms
3 tablespoons butter
½ teaspoon salt
dash of pepper
little grating of nutmeg

Dice mushrooms and fry for 1 minute in 1 tablespoon of butter. Beat eggs, salt, pepper and cream together and put in saucepan. Add the butter and mushrooms and stir over a moderate heat until the mixture begins to thicken. Take from fire and beat rapidly until eggs become quite thick and creamy. Heap mixture on slices of buttered toast and garnish with points of toast and parsley.

MRS. AGNES ROUSSEAU, 31 Covill Street.

EGG CROQUETTES

2 tablespoons shortening
2 tablespoons flour
¾ cup milk
6 hard cooked eggs
½ cup chopped cooked tongue or ham
salt, pepper and grated nutmeg to taste
bread crumbs

Chop eggs and mix with ham, parsley and seasoning. Melt fat, stir in flour, then add milk and boil 3 minutes, stirring constantly. Add egg mixture and if required add more seasoning. Cool mixture and then divide it into 9 portions and make each into a croquette. Dip in egg beaten with a tablespoon water; roll in bread crumbs and fry in hot fat. Drain on brown paper and garnish with parsley.

MRS. GEORGE HARWOOD, 523 Tarkiln Hill Road.

EGGS FLORENTINE

On a bed of cooked and seasoned spinach, place eggs which have been poached. Pour over white sauce seasoned with grated Parmesan cheese.

MRS. HELEN GARFIELD PETERSON, 284 Austin St.

EGGS WITH SAUSAGE AND SPINACH

6 eggs
12 tiny sausages
1½ cups pureed spinach

In buttered ramekins or a baking dish place spinach. Drop eggs in hollows so that the green shows between them with sausages around the edge. Cover with buttered crumbs and bake in moderate oven until eggs are firm.

MRS. ANNIE P. PROTZ, 443 Coggeshall St.

MINCED EGGS

Chop 4 or 5 hard boiled eggs — do not mince them too fine. Put over the fire in a suitable dish, a cupful of milk, a tablespoonful of butter, salt and pepper and some savory chopped fine. When this comes to a boil, stir into it a tablespoon of flour dissolved in a little cold milk. When it thickens, add in the minced eggs. Stir gently for a few moments and serve garnished with triangles of toast. Any particular flavor may be given to this dish such as mushrooms, catsup, or shrimps.

MRS. H. J. SHANAHAN, 161 Bullock St.

SCALLOPED EGGS

3 hard boiled eggs
1 pint white sauce
¾ cup buttered cracker crumbs
¾ cup chopped cold meat

Chop eggs finely. Sprinkle bottom of a buttered baking dish with crumbs. Cover with one-half the eggs, eggs with sauce, and sauce with meat. Repeat. Cover with remaining crumbs. Place in oven on center grate and bake until crumbs are brown. Ham is the best meat to use for this dish. Chicken, veal, or fish may be used.

MRS. HATTIE BENNETT, 124 Bullock St.

AUNTIE JANE'S SCRAMBLED EGGS

1 egg
1 teaspoon butter
¼ teaspoon salt
sprinkle of pepper
¼ cup milk

Scald milk, then break the egg into the milk and let it set, then stir easily, add butter, salt and pepper. Serve hot, on toast.

MISS MARY J. SMITH, Childs St., Portsmouth, Rhode Island.

CREAM OMELET

½ cup heavy cream
¼ teaspoon salt
8 eggs (yolks)
¼ teaspoon paprika

Beat cream until stiff, add egg yolks and beat until well blended. Add salt, melt butter in omelet pan and turn in egg mixture. Cook slowly until brown on bottom and place in moderate oven until firm. Sprinkle with paprika. Time in oven, 15 minutes.

MRS. JOHN REZENDES, 24 Winsper Street.

FLUFFY OMELET

Four eggs. Separate eggs and beat whites stiff. Beat yolks creamy. Pour yolks in small round frying pan in butter and cook very slowly until it sets. Pour whites on top and let set about 2 minutes more cooking slowly. Fold ½ way over, put the dish the omelet is to be served on in the oven and allow to become hot. Put omelet on warm dish and leave in oven 10 minutes to prevent falling.

Hint. Grape jelly is tasty with this omelet.

MRS. CHARLES SHERMAN, 50 Borden Street.

RICE OMELET

1 cup boiled rice
1 cup warm milk
1 tablespoon butter
1 level teaspoon of salt
dash of pepper
3 well beaten eggs

Put a tablespoon of butter in a hot frying pan and when it begins to melt pour in the omelet mixture and set the pan in a hot oven. As soon as it is baked through fold it, turn it out on a hot dish and serve at once.

MRS. ROSE BEAUREGARD, 139 Hathaway St.

RAREBIT

½ cup milk or cream
2 cups cheese
1 egg
2 tablespoons butter
1 teaspoon salt
sprinkle with cayenne

Put milk and grated cheese in upper part of double boiler. When cheese is melted add butter. Pour this mixture over egg, slightly beaten. Return to double boiler. Add seasoning. Stir constantly and cook until smooth and thick. Serve at once over slices of toast or hot crisp crackers.

MRS. CHARLES H. REED, 318 Hawthorn Street.

BAKED WELSH RAREBIT

1 pound mild cheese
bread crumbs
salt
butter
1½ cups milk
paprika
3 eggs

Slice cheese and put 1-3 of it over a layer of bread crumbs in the bottom of a buttered baking dish. Season and cover with crumbs. Put in another third of cheese, season and sprinkle with crumbs. Put in remaining cheese, sprinkle top with bits of butter and over all pour milk beaten with the eggs. Bake for 25 minutes.

HELENA M. MURPHY, 314 County Street.

MEXICAN RAREBIT

1 pint tomatoes
1 cup cheese
¼ cup butter
salt
dash of cayenne
3 egg yolks, well beaten
3 beaten egg whites

Put in chafing dish, tomatoes; add when hot the cheese, cut up. Next add butter, salt and cayenne. Cook with egg yolks well beaten. Stir until thick and add beaten whites. This should serve 8. Serve on toast or crackers as desired.

MRS. RUBY McKENNA, 332 Tinkham Street.

CREOLE SPAGHETTI

1 onion
1 tablespoon butter
1 tablespoon olive oil
1 pound hamburg steak
½ can thick tomato soup
1 cup grated cheese
½ teaspoon salt
little piece of bay leaf
dash of cayenne pepper
½ package spaghetti

Cook onion finely chopped in butter and olive oil for a moment. Then add hamburg steak and let cook until brown. Add tomato soup grated cheese, salt, bay leaf, and cayenne pepper. When this mixture has cooked for 10 minutes add spaghetti which has been previously boiled until tender. Let simmer for 10 minutes and turn all into a casserole. Sprinkle buttered bread crumbs on top and bake in hot oven only enough to brown the crumbs.

CATHERINE NORTON, 273 Park Street.

ENGLISH MONKEY

1 cup stale bread crumbs
1 cup milk
1 tablespoon butter
1 egg
½ cup cheese, cut in small pieces
½ teaspoon salt
little pepper

Soak bread crumbs 15 minutes in milk. Melt butter, add cheese, and when melted add soaked crumbs, egg slightly beaten, and seasonings. Cook about 3 minutes and pour over crackers or toast.

MILDRED R. ROEBUCK, 3 Lake St.

MERRY WIDOWS

2 eggs
½ small onion
2 tablespoons milk
salt and pepper to taste

Beat the eggs; add milk, salt, pepper, and onion which has been cut up fine. Fry in buttered pan.

MRS. FRANCIS E. McCARTHY, 266 Orchard St.

RED BUNNY

¾ pound cheese
1 can tomato soup
1 tablespoon dry mustard
1 egg
1½ cups milk
1 tablespoon butter
salt
red pepper to taste

Place butter and cheese cut fine in double boiler. When thoroughly melted add egg (well beaten) to which you have added salt, mustard and pepper. Blend well and stir in milk slowly. When smooth and thickened; add tomato soup and stir altogether. (May also add 1 tablespoon grated onion if desired). Let cook 5 minutes and serve on crackers or toast. Dust with paprika.

MRS. MARION R. LENHART, 152 Chestnut Street.

IV

HORS d'OEUVRES — CANAPES — APPETIZERS

"Be not the first by whom the new is tried,
Nor yet the last to lay the old aside."
—*Pope.*

Hors d'oeuvres are not the newest thing in the way of eatables, but they have long been neglected by less pretentious hostesses who do not realize what a charming contribution they make to dinners which have a little more formal tinge than the ordinary evening meal.

In these days of prohibition when hostesses can not herald their special events with unusual cordials and sparkling light wines, they have to search elsewhere for this special mark of distinction. In appetizers of various kinds, they find just the needed touch. Hors d'oeuvres have been tried and found successful, yet they are sufficiently out of the customary run of things to be used by those who would follow Pope's warning.

Hors d'oeuvres are important because they give the diner a sense of something rather special happening, because they whet the appetite, and because they promise more delightful things to follow.

CANTALOUPE SUPREME (Appetizer)

1 small cantaloupe
1 small bottle maraschino cherries
1 tablespoon powdered sugar
heart leaves of lettuce
1 tablespoon lemon juice

Chill melon well; remove pulp and cut into cubes. Halve cherries and add to cantaloupe with lemon juice, powdered sugar and a little juice from the cherries. Serve in cocktail glasses on lettuce. Garnish with fresh berries or cherries.

This recipe makes four or five servings.

MRS. J. ARTHUR BALTHAZAR, 183 Ashley Boulevard.

A DELICIOUS APPETIZER

toast, crackers or plain bread
1 small can sardines
1 cream cheese
1 teaspoon Worcestershire sauce

Cream together and spread.

MRS. JOSEPH WALSH, 266 Hawthorn Street.

GRAPEFRUIT CUBES APPETIZER

1 package lemon jello	1 cup grapefruit juice and water
1 cup boiling water	
2 grapefruit sections	2 tablespoons sugar

Dissolve jello in boiling water. Sprinkle grapefruit with sugar and drain thoroughly. Add enough water to grapefruit juice to make 1 cup. Add to cooled jello. Turn into shallow pan, cool until firm and cut into cubes. Serve cubes and pulp mixed in grapefruit shells or in glasses.

MRS. LUCIA BOISVERT, 180 Hadley Street.

CANAPES

Canapes are made by cutting ¼ inch slices of bread into squares, diamonds or circles. These pieces are then dusted lightly with butter and browned in the oven or fried in deep fat until a golden brown. They are then covered with a seasoned mixture of eggs, forcemeat or cheese. They are served hot or cold and usually take the place of oysters at a dinner or luncheon.

MRS. E. ROUSSEAU, 63 Independent St.

ANCHOVIED EGG CANAPE

2 hard boiled eggs	1 teaspoon butter
2 teaspoons Anchovie paste	juice of ½ lemon

½ teaspoon paprika

Boil eggs and let cool off. Then cut in half and take out the yolks. Put yolks in a bowl and add Anchovie paste, butter, juice of a lemon, paprika. Mix well together to a heavy paste. Roll this mixture with a butter pat (or hands) in round balls and place back in the other half of the egg (white). Cut some toast with cookie cutter round, with hole in center (so that egg will stay straight up) spread the toast with what is left of the paste and dip edges in chopped parsley and serve on lettuce leaf with a piece of lemon.

WILLIAM H. LLOYD, Steward at Round Hill, South Dartmouth

CAVIAR CANAPES

Cut bread in quarter inch slices, then into oblongs 2 inches wide and 4 inches long. Toast on one side only. Spread ½ of untoasted side with minced onion and the other half with caviar. A thin strip of green pepper may divide the two.

MRS. E. D. McGOWAN, 139 No. William St., Fairhaven, Mass.

CHEESE AND OLIVE CANAPE

5 portions prepared bread
olives stuffed with pimientos
3 tablespoons cream cheese
garnish of red pepper or pickled beet

Spread on the prepared bread a paste made by mixing equal proportions of cream cheese and chopped stuffed olives. Garnish with a quarter-inch border of chopped olives and a star of red pepper or beet in the center of each.

FRANCES M. ENOS, Barnstable.

CHEESE CANAPES

Toast strips or circular pieces of bread with crust removed. Spread thickly with grated cheese and season with salt and cayenne. Place on shallow pan or sheet and place in oven until cheese is melted, and serve at once.

MISS BEULAH TATRO, Lunds Corner.

CRABMEAT CANAPE

1 cup crabmeat
½ teaspoon salt
few grains cayenne
2 tablespoons butter
2 teaspoons lemon juice
2 tablespoons grated cheese
8 slices hot toast

Cream butter, add flaked crabmeat, lemon juice and seasoning. When well blended spread on toast, sprinkle with cheese and put in oven to brown. Serve hot.

MRS. LAURA MILETTE, 42 Brown Street, No. Fairhaven.

EGG CANAPES

½ cup olives chopped
salad dressing
2 hard boiled eggs
rounds of buttered toast

Pile chopped olives on toast.
Border with chopped eggs
Pour salad dressing over center.

MISS MARJORIE CLIFFORD, 42 Wooley Street, Carrolton Heights

HAM CANAPES

½ cup minced ham
2 tablespoons butter
1 teaspoon chopped parsley

Mix the ham, butter and seasonings to a smooth paste. Cut bread into circles, fry brown and spread with ham mixture.

MRS. ANTHONY GALLAGHER, 1427 Pleasant Street.

LOBSTER CANAPES

Finely chop lobster meat and add an equal quantity of yolks of hard-boiled eggs forced through a sieve. Moisten with melted butter and cream, using equal parts, and season highly with salt, cayenne, mustard, and beef extract. Spread on sauted circular slices of bread and garnish with rings cut from whites of hard-boiled eggs, yolks of hard-boiled eggs and lobster coral forced through a sieve.

MRS. ARTHUR N. HARRIMAN, 126 Clara Street.

PIMIENTO CANAPE

½ cream cheese
¼ teaspoon salt
2 tablespoons finely chopped Pimiento
2 tablespoons cream
½ teaspoon mustard
stuffed olives
crackers

Add cream to cheese and work until smooth. Add salt, mustard and pimiento. Spread on crisp, unsweetened crackers, and garnish with olives cut in slices.

MRS. MARY FABER, North Dartmouth.

APRICOT AND FIG COCKTAIL

Arrange equal quantities of diced, cooked apricots and orange sections in glasses. Dice preserved figs over the top, allowing 1 fig for each glass. Mix equal quantities of apricot and fig syrups with lemon juice to taste and pour over the fruit.

MRS. FRANCES WILSON, 23 Sherman St.

CHERRY COCKTAIL

¼ cup maraschino syrup
2 tablespoons orange juice
1 tablespoon honey
1 tablespoon lemon juice
½ cup soda fountain charged water

Mix well in cocktail shaker and pour over crushed ice in four cocktail glasses. Garnish with a cherry in the bottom and one on the edge of each glass.

MRS. J. G. MONTGOMERY, 123 Rounds Street.

CHERRY AND PINEAPPLE COCKTAIL

Drain 1 cup each canned cherries and crushed pineapple and add 2 bananas, diced with strained juice of 1 orange. Chill and serve with each portion a sprig of mint dipped in powdered sugar.

MRS. MARGARET MORTON, 410 Brock Ave.

FRUIT COCKTAIL

Skin and seed 1½ cup grapes, remove all skin and fibre from 1 grapefruit, dice about ½ cup full of apples, boil ½ cup sugar, ¼ cup water until a syrup is formed, when cold add to fruit. Chill and serve in cocktail glasses, surmounted by maraschino cherries.

MISS MARY BOEHLER, 95 Tallman St.

FRUIT MELANGE COCKTAIL

½ grapefruit
2 peaches, fresh or canned
¼ cup powdered sugar
½ cup blackberries
3 slices pineapple
1 tablespoon crystallized ginger cut fine
18 balls cantaloupe or other variety of melon shaped with potato ball cutter
pink vegetable coloring

Cut grapefruit in small pieces, also pineapple and peaches, and mingle lightly with melon and sugar. Set in refrigerator 1 hour. Drain off the juice and color. Divide the fruit into sherbert glasses and pour the juice over.

MRS. J. ARTHUR BALTHAZAR, 183 Ashley Boulevard.

HONEY-ORANGE COCKTAIL

⅔ cup orange juice
2 tablespoons lemon juice
2 tablespoons honey
few grains salt
crushed ice

Mix ingredients thoroughly in cocktail shaker. Put crushed ice in 4 cocktail glasses; pour in the mixture and serve at once. Garnish with shredded orange rind.

ADA COOPER, 8 Warwick Street.

LOGANBERRY COCKTAIL

1 cup lemon juice
2 thinly sliced limes
1 cup loganberry juice
1 bottle dry ginger ale

MARY A. COOK, 161 Rounds Street.

OYSTER COCKTAIL

Oysters (depending on number to be served)
2 teaspoons horseradish
½ cup lemon juice
½ teaspoon tabasco sauce
¼ cup vinegar
1 teaspoon Worcestershire sauce
little salt

Mix above ingredients about one hour before using so as to be sure to have it thoroughly cooled. About 6 oysters served to each person. Put in cocktail glasses with sauce poured over them. Serve very cold.

MRS. HELEN B. CORREIA, 56 Clark Street.

PINEAPPLE MINT COCKTAIL

Drain 1 can pineapple in small dice
2 tablespoons candied cherries
2 tablespoons green lime
1 cream peppermint broken in each glass

Chill before serving. This makes a quantity that will serve 6 people.

MRS. WILLIAM A. CONGDON, 720 County Street.

STRAWBERRY AND PINEAPPLE COCKTAIL

1 cup orange juice
⅓ cup lemon juice
1 cup diced pineapple
1 cup strawberries
sugar

Combine the orange and lemon juice sweetened to taste, keeping the mixture rather tart. Place on ice. Wash and drain the strawberries and hull them. At serving time cut the berries into halves (except 6 large ones). Mix them with the pineapple; place in glasses and cover with the fruit juice. One large, perfect berry set on a tiny circle of pineapple may decorate the top of each cocktail.

MRS. ELMER L. ELDREDGE, East Orleans.

TOMATO COCKTAIL

Strain the juice of slightly cooked tomatoes that has been chilled. Flavor with onion juice, salt and pepper, also a bit of grated lemon rind. Chill this and serve in cocktail glasses with a segment of lemon beside the glass or plate. Serve this at the beginning of the luncheon or supper.

MRS. JOHN WOOD, 234 Wood Street.

COCKTAIL SAUCE

½ lemon
4 tablespoons beefsteak sauce
4 tablespoons chili sauce
5 teaspoons mayonnaise
½ teaspoon Worcestershire

Serve with oysters or lobsters.

MISS LAURETTA DANIEL, 86 Fern Street.

HORS D'OEUVRES

As some of these recipes that comprise this serving have for their foundation some of the same mixture, the latter will be given first and then just referred to in the recipes that follow: EGG PASTE—Yolk of egg, press it through a sieve; take same amount of butter as the size of the egg yolk; if desired add green coloring or red coloring; mix all together and put in very small pastry tube. PREPARATION OF TOAST—Take crust off the slice of bread, cut into desired shape (square, round, triangle); toast on one side only; butter on untoasted side (to insure the sticking of other ingredients used). CANAPE CAVIAR—Spread Russian Caviar on the buttered side of the toast. Make a border with the Egg Paste. In the center of the toast some sliced stuffed olives; at the side of toast lace a little chopped onion on a lettuce leaf, also a quarter of a lemon.

ANCHOVES CANAPE—On the prepared toast spread anchoves evenly around the edge of toast; border with Egg Paste; in the center place some sliced stuffed olives.

SARDINE CANAPE.—Prepare same as Anchoves Canape only using sardines instead of the anchoves.

STUFFED CELERY—One stalk of clean celery; mix together the same amount of cream cheese and roquefort cheese with some chopped parsley. Put the paste into a pastry tube and fill the celery stalk making a design.

FINAL PREPARATION—Now on a large platter put a slice of Virginia Ham, 1 of Salome and around them arrange the above recipes. Garnish with 3 stuffed olives, 3 ripe olives, 3 green olives.

LOUIS OSTE, Chef at the New Bedford Hotel, 9 Austin Street.

HOR D'OEUVRES—CHOPPED LIVER

¼ pound liver
2 large onions
1 cup diced celery
½ green pepper
2 hard boiled eggs
chicken fat
salt and pepper
stuffed olives, sliced

Bake liver in oven. When cold cut in pieces, put in chopping bowl with other ingredients and chop very fine. Moisten with fat, season and serve on lettuce leaves, small tomato shells, or saltines. Garnish with the olives.

MRS. IDA S. KRANZLER, 368 West Bedford Street.

HORS D'OEUVRES FRUIT COCKTAIL

Grapefruit Surprise

3 small grapefruit
2 bananas
⅓ cup celery
6 tablespoons sugar
6 maraschino cherries
mayonnaise

Halve grapefruit. Remove pulp and mix with diced banana and celery. Refill grapefruit skins. Sprinkle with sugar. Place cherry on each. Mayonnaise may be served. This serves 6.

MRS. MAX COPELAND, 516 Rockdale Avenue.

V

SOUPS

"The hour of the lute will come anon—
Now is that of the ladle!"
—Rostand.

Soups have long been known to man. The thick, nourishing concoctions were formerly much more popular than they are now and in some European countries they have formed one of the principal foods consumed, but the modern cooks are quite familiar with a wide selection of broths, bouillons, consommes, and purees, all of which have a way of adding a great deal to the meal with which they are served.

Contrary to the general belief, soups are excellent appetizers. Thin soups served very hot stimulate the appetite and prepare the empty stomach for the heartier food to follow. On the other hand, heavy cream soups may be sufficiently nutritious to be practically meals in themselves.

Many a young housewife avoids making soups because she fears they are difficult to prepare. Indeed, the large number of different ingredients of which they are composed suggest difficulties, but soups are really not as forbidding as they may seem. Another thing in their favor is the fact that they provide a means to utilize countless odds and ends in the way of winter vegetables, meats, or fish.

It is important to remember, however, that soups cannot be made in a hurry. They require long cooking and they must be served either piping hot or thoroughly chilled as the case may be. There is no such thing as a half-way mark in the temperature of good soups. Beef seems to be the meat best adapted to soup making and middle cuts from the fore and hind shin, the best portions of the beef for this purpose.

CELERY BISQUE

1 pint celery
1 quart water
1 pint milk
lump of butter
pepper and salt

Chop 5 celery tops and course out side stalks to make a pint. Add about 1 quart of water and let cook until half the water is boiled away. Press through a sieve. Have pint of milk ready which has been thickened with flour and add to the celery mixture. Add a good lump of butter, pepper and salt to taste.

MRS. HELEN B. CORREIA, 56 Clark Street.

CHILE BISQUE

4 sweet Chili peppers
tabasco
1 egg
½ cup boiled rice
salt
¼ cup cream
1 pint hot milk

Remove seeds and veins from pepper; boil, press the pulp through colander. To this add boiled rice, mashed smooth. Season highly with tabasco and salt. Beat the egg, add cream, then hot milk, and pour all into the bisque.

MRS. HAZEL JACKSON, 467 Allen Street.

CORN BISQUE

3 cups milk
1 can corn
2 tablespoons minced onion
1 tablespoon flour
1 egg
1 tablespoon butter
1 teaspoon salt
dash of paprika
dash of white pepper

Put corn through food chopper then heat in double boiler with 2 cups of milk, onion and seasonings for 15 minutes. Blend flour and butter, add to corn and cook about 5 minutes longer. Beat the egg, add to remaining milk and stir into soup rather slowly. Cook for a few minutes longer and serve. Do not let it boil. It is better if served as soon as cooked.

MRS. FRANK A. MANHA, Allen Street, No. Dartmouth.

BISQUE OF LOBSTER

Meat of fresh boiled lobsters cut into small pieces. The tough parts of shells and claws, boiled for 20 minutes. Dry the coral in a slow oven. Make cream sauce. Add water from boiled shells, rub coral through sieve, add it to soup, making a pink color, then add diced lobster meat and fat, and a few quenelles of lobster.

ALFRED BELLI, Cook, New Bedford Hotel

ROYAL ALMOND BISQUE

1 package lemon gelatin
2 tablespoons sugar
1 teaspoon salt
½ cup boiling water
1 cup water
1 teaspoon almond extract
6 macaroons
9 marshmallows
3 tablespoons candied cherries
1 cup cream

Dissolve lemon gelatin, sugar and salt in ½ cup boiling water. Add 1 cup water. Chill. When it begins to thicken, whip; add the cream, flavored with almond extract, macaroons dried and rolled, marshmallows cut, cherries, chopped. Chill. Serve garnished with cherries.

MARY FREITAS, 23 Garfield Street, South Dartmouth

TOMATO BISQUE

Scald 1 pint tomatoes. Put in double boiler 2 tablespoons butter, when melted stir in 2 tablespoons flour. Pour on slowly 1 quart of milk. When boiling hot add strained, boiled tomatoes in which has been added ½ teaspoon soda. Remove from fire. Season with salt and pepper.

MRS. CHARLES EMERSON, 95 Bedford Street.

JELLIED BOUILLON

The easiest way to make this is to use the canned bouillon or consomme. Dilute with about 1-3 less water than the directions call for. If you want it rather strong use 3 tablespoons gelatine for every 3 cups of stock. Moisten this with 3 tablespoons cold soup. Stir until dissolved, strain and cool. When hard chop with a silver knife until it is all in small pieces. It tastes better this way and is much easier to eat.

CATHERINE BENEFIT, Edgartown, Mass.

CLAM CHOWDER

1 pint clams (out of shell)
3 or 4 medium sized potatoes
2 large onions
1 carrot
1 cup tomatoes
salt and pepper to taste
small piece salt pork

Chop clams. Cover with water and steam. Cut potatoes, onions, carrots in very small cubes and cook in separate pan with salt pork which has been fried out. When cooked add clams and water, also clam water and tomatoes cooked about 10 minutes together. Salt and pepper.

This is one of my own recipes.

FLORENCE T. BOCHMAN, 661 Coggeshall Street.

CAPE COD CLAM CHOWDER

¼ pound salt pork, cut fine
1 medium-sized onion, sliced thin
5 medium-sized potatoes, cut small
1 pint clams, chopped fine
seasoning to taste
½ cup clam juice
1 quart milk
flour
butter
hot water

Fry out pork in hot kettle. Remove pork and add onion; brown, being careful not to let it scorch. Add potatoes and enough hot water to cover. When potatoes are done, add clams, cook for five minutes and then add mik. When this is hot, add thickening made of the flour and butter. Season and set well back on the stove and let stand for an hour, but do not let it boil.

MRS. CATHERINE K. DAVIS, Falmouth.

CORN CHOWDER

3 slices fat pork
1 onion
1 quart water
2 potatoes
1 can corn
1 quart milk
salt
pepper

Fry pork until brown. Fry onion in the pork. Add water to the above two ingredients. Add potatoes cut very small, can of corn, milk, piece of butter. Add milk and butter before serving. Salt and pepper to taste. Cook corn 10 minutes before adding milk.

MARY A. C. RILEY, 53 Morgan Street.

CRAB CHOWDER

1 finely chopped onion, small
2 tablespoons butter
2 cups water
1 cup diced potatoes
1 cup crab meat
2 cups milk
1 tablespoon flour
1 teaspoon salt
½ teaspoon paprika

Cook onion in 1 tablespoon butter until light brown. Add water and potatoes and cook until they are done. Then add crab and milk and bring to boiling point. Cream remaining butter with flour; add to chowder and stir until thickened. Season with salt and paprika.

MRS. D. WOOD, 162 Smith Street.

LOBSTER CHOWDER

1 pint hot cream
3 slices salt pork
1 slice fresh cod, 1 inch thick
sliced potato
1 grated onion
salt and pepper
butter
pilot crackers
1 cold, boiled lobster
1 pint milk
water
1 tablespoon chopped parsley
1 chopped red pepper

Place salt pork on rack in deep kettle. Over this place cod, then layer of potato, salt and pepper, and little lumps of butter; a layer of pilot crackers, then the lobster, cut in small pieces, another layer of crackers, cod, and so forth, making lobster the last layer, with plenty of butter and a dusting of pepper and salt over the top. Pour over a pint of milk, adding just enough water to cover all, and boil for 40 minutes, slowly. Previous to serving add hot cream. Sprinkle each portion with chopped parsley and pepper.

MRS. LAURA MILETTE, 42 Brown Street, Fairhaven.

SALT CODFISH CHOWDER

½ pound salt codfish
2 tablespoons butter
salt and pepper
1 large onion, fried
3 large potatoes
2 tablespoons flour

Wash codfish in cold water, drain, add fresh water and boil until tender. Fry onion in 1 tablespoon butter. Peel potatoes, dice and boil until soft. Add drained fish broken in small pieces, onion, a little salt and pepper and remaining butter. When near boiling point, add flour which has been dissolved in a little cold water. Stir in until slightly thickened.

MRS. MABEL RUSSELL, 70 Elm Street, South Dartmouth

PEA CREAMY CHOWDER

2 cups peas
1 finely chopped onion
4 tablespoons butter
1 cup rich milk
1 cup chopped mushrooms
⅓ cup rice
5 cups meat stock or bouillon
salt and pepper

Brown onion and rice in butter, add bouillon (cubes in water) and mushrooms, and boil until rice is soft—about 20 minutes. Add peas and seasonings and cook 5 minutes. Add milk, bring to a boil and serve.

MRS. H. B. REAGAN, 31 Bogle Street, Fall River.

QUAHOG CHOWDER

1 pint quahogs
3 slices fat pork
1 quart milk
1 quart potatoes
2 onions
1 quart water

Cut potatoes small, fry out fat pork, add onions and boil in water until tender. Grind quahogs and add, cooking ten minutes. Add milk, salt, pepper and let come to a boil.

MRS. ANNABELLE GAY, 248 Palmer Street

SCALLOP CHOWDER

2 cups scallops
1 small minced onion
2 cups milk
salt and pepper
2 tablespoons butter
2 cups raw potatoes
3 cups water
6 soda crackers

Melt butter. Add the onion, potatoes, 2 cups milk, and the scallops, and when the latter shrivel, add the salt and pepper. Place crackers in each soup plate and serve. Serves six.

MRS. ENOCH I. CLEGG, North Falmouth.

SHRIMP CHOWDER

2 tablespoons butter
1 onion
1½ cups water
1 can shrimp
1 cup milk
3 medium potatoes

Fry onion in butter in a saucepan until onion is well done but not brown. Add the water and let come to a boil. Then add potatoes diced small. When potatoes are tender, add the shrimp and let boil 5 or 10 minutes. Add a little seasoning, salt and pepper. Lastly add milk slightly heated. Crackers if desired.

MRS. MAC F. DeMELLO, Annette Avenue, East Falmouth.

CONSOMME MADRILENE

1 pint canned tomatoes
4 cups beef broth
1 medium onion
2 ounces green pepper
leek
celery
parsley
1 bay leaf
2 whole cloves
1 teaspoon sugar

Boil 1 hour on slow fire, strain, chill and serve very cold.

MRS. J. G. MONTGOMERY, 123 Rounds Street

TOMATO CONSOMME

6 good sized firm tomatoes, cut small
2 tablespoons butter
pepper and salt to taste
1 quart water
1 ounce of spaghetti
1 teaspoon hard Italian cheese

Put tomatoes, butter, salt and pepper in water. Let come to a boil and then let it simmer about 1 hour. Pass through a sieve. Take the clear soup and reheat. Break up spaghetti into small pieces; cook slowly until spaghetti is done. This will make about 3 soup plates. Just before serving grate hard Italian cheese in it. It is very simple to make and is very tasty for a first course.

MRS. FLORENCE CRYER, 259 Eugenia Street.

VEGETABLE CONSOMME

1 carrot
1 stalk celery
1 small parsnip
3 sprigs parsley
6 cloves
1 bay leaf
1 onion
1 white potato
½ cup tomato
2 tablespoons butter
6 allspice
1 tablespoon catsup

Cut vegetables into dice and fry brown in butter. Add bay leaf, tomatoes, parsley and water. Cover closely and simmer 2 hours. Season to taste with salt and add catsup, strain and serve with croutons. Some of the carrots and celery may be returned to the soup if the color is desired.

MRS. WILL DUFOUR, 125 Sylvia Street.

SOUP STOCK

1 pound bone
1 quart cold water
½ cup carrot
1 teaspoon salt
1 teaspoon sweet herbs
1 sprig parsley
1 pound meat
½ cup minced onion
½ cup turnip
6 pepper corns
1 small bay leaf
1 piece celery root
4 cloves

Use cheap cuts of meat. Skin neck or joints and small scraps of meat such as the flank end of steak or leftovers and bones of roasts may be used for soup stock. Cut the meat in small pieces. For each pound of meat and bone use about 1 pint water. Put the meat and bone into cold salted water. Let soak for an hour. Then let simmer gently about 3 hours. During the hour of cooking add from ½ to 1 cup of mixed vegetables for each pound of meat. Tie the herbs in a cheesecloth and add to soup. Let simmer as long as desired. The froth should be skimmed from stock as it rises, if clear soup is desired.

MRS. FRANCES T. WILSON, 23 Sherman Street.

AMERICAN SOUP

1 pound mutton (neck serves)
½ pound green or dried peas
½ pound tomatoes
1 carrot
½ turnip
1 onion
a piece of celery, cut up
a cube of sugar
2 quarts water

Boil slowly for 2 hours. Remove the meat; strain the soup; season and add some squares of toasted bread.

MRS. CATHERINE TILLOTSON, 139 Peckham Street.

CREAM OF CHICKEN SOUP

3 cups chicken stock
1 slice onion
¼ cup celery tops
1 cup hot milk
salt to taste
⅛ teaspoon pepper
2 tablespoons chicken or butter fat
3 tablespoons flour

Cook stock, onion and celery for 15 minutes and strain, add hot milk and seasonings and thicken with chicken fat and flour blended together. The amount of salt will depend upon the quantity in the stock. Celery salt may be used in place of celery tops.

MRS. ROSE LEMOS, 112 Rockdale Ave.

CHICKEN SOUP (Italian)

1 pound or more of cut up fowl
1 cup macaroni cut in small pieces
salt
½ cup chopped celery
1 cup tomatoes
pepper

Stew chicken with celery, salt, pepper and tomatoes. Add macaroni, and serve hot with grated cheese.

FLORENCE T. BOCHMAN, 661 Coggeshall Street.

CREAM SOUPS

This is the foundation or sauce for many fish and vegetable cream soups.

1 quart milk
1 teaspoon salt
2 tablespoons flour
1 tablespoon butter
1 teaspoon white pepper
1 cup boiling water

Scald milk and add butter and seasoning; thicken with flour which has been mixed with a little cold water. Thin with boiling water and boil two minutes.

For pea soup, boil and mash pint green peas and add to sauce.

MRS. B. L. PROVOST, 89 Bonney Street.

CREAM OF SPINACH SOUP

Pick, wash, and boil enough spinach to measure a pint when cooked, chopped and pounded into a paste. Put it into a stew pan with 4 ounces fresh butter, a little grated nutmeg, a teaspoon of salt. Cook and stir it about 10 minutes. Add to this 2 quarts of strong soup stock. Let it come to a boil, then rub through a strainer. Set over fire again, and when at boiling point, mix in 1 tablespoon butter and 1 teaspoon sugar.

HELEN D. IRVINE, 468 Hillman Street.

CREOLE SOUP

¼ cup rice
½ cup cut onion
2 tablespoons bacon drippings
2 cups tomatoes
2 teaspoons salt
1 teaspoon sugar
⅛ teaspoon paprika
1 tablespoon parsley, cut

Wash rice; add 3 cups boiling water and boil 30 minutes. Cook onions in pan with drippings until tender, but not brown; add tomatoes and boil 10 minutes. Rub through strainer into boiled rice and water; add seasoning and sprinkle with parsley. Add a little chopped green pepper if desired.

MRS. M. J. McHUGH, 395 South Orchard Street

GESETZE BONEY SOUP

(A favorite Jewish dish)

1 quart white beans
½ pound smoked breast of beef
2 tablespoons flour
1½ pounds brisket with the bones
5 pieces of garlic
salt

Clean and wash beans and put in large pot or kettle. Lay in this the beef and brisket. Add garlic cut small; salt and flour. Fill with water to one inch over the meat and boil all day long.

MRS. ANNIE GILLIBRAND, No. Dartmouth.

HAMBURG VEGETABLE SOUP

1 pound hamburg steak (freshly cut)
2 cups diced potatoes
1 large onion (chopped fine)
1 cup shredded cabbage
1 cup tomatoes or tomato soup
¼ cup rice
3 stalks celery or ½ teaspoon celery seed
1 large carrot (sliced)

Cook all ingredients together until well done. Corn, beans, or any left-over vegetable may be added. This is quickly made and when served with toast or crisp crakers makes a delicious supper dish for cool evenings.

MRS. FRANCIS CARVER, Smith Street, Rock.

KALE SOUP

2 diced potatoes
pinch salt
2 diced onions
pinch pepper
1 can Red Kidney Beans
1 pound kales, shredded

Place kales in cooking vessel and when well cooked add other ingredients. Let boil together until done.

MRS. LAURA N. SILVA, 256 County Street.

LENTIL SOUP

1 cup lentils
1 stalk celery
4 cups stock
4 teaspoons butter
1 carrot
1 onion
4 tablespoons flour
2 teaspoons salt

Soak lentils in water for several hours, then drain and cut onions, carrots and celery fine. Add water and boil 10 minutes. Place on fire for 3 hours. Remove from cooker. Rub through sieve. Make paste of flour. Add flour, stock and seasoning. Heat and serve.

MRS. G. R. DUBE, 8 Austin Street

MUSHROOM SOUP

½ lb. mushrooms
½ cup pearl sago
1 cup heavy cream
salt
4 cups white stock
1 cup boiling water
yolks 2 eggs
pepper

Clean and chop mushrooms and add to stock. Cook 20 minutes and rub through a sieve. Cook sago in boiling water 30 minutes, add to stock, and as soon as boiling point is reached, season with salt and pepper. Add cream and yolks of eggs.

JULIA B. MARSTERS, East Sandwich

MUTTON SOUP WITH NOODLES

2 pounds neck of mutton
2 quarts cold water
1 small turnip
1 head of celery
1 onion
1 carrot
2 teaspoons salt
¼ teaspoon pepper
1 cup short cut noodles

Cut up neck of mutton in small pieces. Put in kettle with 2 quarts of cold water. Boil 5 minutes, then simmer for 1 hour. Cut up turnip, add celery, onion and carrot. Add to the soup with salt and pepper. Cook 30 minutes longer, add the noodles. Cook gently for 15 minutes and it is ready to serve.

MRS. JOHN P. LEMOS, 5 Elm Avenue, Fairhaven.

OXTAIL SOUP

1 oxtail
1 turnip
2 carrots
2 leeks

Cut oxtail into pieces in kettle, and fill with cold water, boiling gently for 1 hour. In morning, skim off any fat from the top and place again on the stove, adding carrot and half the turnip cut in large pieces, the remainder of vegetables to be cut up small and allowed to boil for 2 hours. Season with salt and pepper, and 1 tablespoon Worcestershire Sauce.

MRS. EMMA BIBBY, 240 Eugenia Street.

OYSTER SOUP

Drain the liquor from 15 oysters; add enough water to make 1 pint of liquid. Chop the oysters fine, put them with the liquor over the fire and cook 10 minutes. While they are simmering cook together 1 teaspoon each of butter and flour until they bubble, then pour upon them 1 pint of hot milk. Stir until smooth, then add oysters and liquor. Season with salt, pepper and gratings of nutmeg. Have ready 1 egg beaten light, stir a very little at a time into the soup. As soon as thoroughly mixed take from the fire. Juice of a small lemon may be added. This should serve 6 persons.

HELEN TROUT, 52 Court Street.

PEA SOUP

1 pound dried split peas (green or yellow)
2 quarts cold water (add more if necessary)
4 potatoes
soup bone and ½ pound beef from the shank
1 medium size onion
1 carrot
salt to taste

Wash peas and soak over night. In the morning put in kettle and add water and soup bone, meat and vegetables which have been cut up fine. Let cook slowly and when nearly done add salt to taste. This is fine on a cold winter's night. Serve with oyster crackers. If you have any left over, reheat, bringing to boiling point and pour into glass jars and seal. It is then ready to use at some future time when in a hurry.

MRS. CARRIE BOTELHO, 125 Winterville Road

PEA AND TOMATO SOUP

1 cup shelled peas
3 cups water
salt and pepper
1 slice onion
1 cup stewed, strained tomatoes
1 tablespoon drippings

Cook peas and onion in boiling water until very soft, strain, season, add melted fat and tomatoes.

MRS. MARY FABER, North Dartmouth.

POTATO SOUP

3 pints sliced, raw potatoes
3 sliced onions
6 slices of salt pork cut fine
3 pints milk
salt and pepper to taste

Cover with cold water and let boil ¾ of an hour. By that time they should be cooked. Do not add milk until the potatoes and onions are well cooked in the water, as the milk only needs to scald in the soup to season and richen it.

MRS. N. J. BETTENCOURT, Tucker Rd. and Allen St., N. Dartmouth

SCOTCH SOUP

½ cup dried green peas
2 stalks diced celery
½ cup barley
1 large sliced onion
1 small cabbage
1 medium carrot
small piece turnip
2 pounds beef shank

Soak dried peas and barley over night. Put carrot, cabbage and turnip through the meat grinder. Put beef shank on fire in large pan and cover plentifully with water. Add peas and barley after water begins to boil. Keep soup at a gentle simmer for about 3½ hours. Add other vegetables after 2 hours. Season with salt, pepper, celery salt to taste. This is very hearty and will serve as the main dish. Cabbage or turnip can be left out if not suited to the taste.

MRS. WINIFRED CHENEL, 118 Pleasant Street, Fairhaven.

SOUTHERN CHICKEN SOUP

3 pounds fowl	3 tablespoons cooked rice
2 quarts cold water	2 teaspoons salt
⅛ teaspoon pepper	1 teaspoon minced parsley

Cut all meat from fowl, reserving breast whole. Cut rest into bits, break bones and put them with the meat and salt water into kettle. Place breast on top of other meat. Cook 4 hours. Remove the breast as soon as tender. Skim often at first, strain and add rice and breast cut in dice, also seasonings and parsley.

MRS. THOMAS F. OSSWALD, R. F. D. 3.

TOMATO SOUP

1 quart tomatoes	1 quart water
½ cup rice	½ pound ground meat
sugar	salt

Skin tomatoes, cut in quarters and put in water to boil for ½ hour. Add rice which has been washed and boil additional 15 minutes. Make small balls of the meat which has been mixed with an egg and seasoning, and drop into soup. Add salt and sugar to flavor. Cook until meat balls are soft.

MRS. MAX COPELAND, 516 Rockdale Avenue

VEGETABLE SOUP

⅓ cup carrots	⅓ cup turnips
½ cup celery	1½ cups potatoes
½ onion	1 quart water
5 tablespoons butter	½ teaspoon chopped parsley
salt	pepper

Wash and scrape small carrot; cut in half-inch pieces. Wash and pare ½ turnip and cut same. Wash, pare and cut potatoes in small pieces. Wash, scrape celery and cut in quarter-inch pieces. Prepare vegetables before measuring them. Cut onion in small pieces. Mix vegetables—except potatoes. Cook 10 minutes in 4 tablespoons butter, stirring constantly. Add potatoes, cover and cook 10 minutes. Add water and boil an hour. Beat with spoon or fork to break vegetables. Add remaining butter and parsley. Season with salt and pepper.

JANE EZEMOLI, 29 Rockland Street.

GREEN CORN PUREE

1 dozen ears corn
2 onions
2 tablespoons flour
salt
3 pints water
2 tablespoons butter
1 quart milk
pepper

Clean corn from silks with sharp knife and cut the kernels in the center. Scrape with the back of knife all the pulp into a dish. Put the cobs into a kettle with the onions and cover with water. Let boil ½ hour. Bind together flour and butter and mix with corn, water and corn pulp. Boil 2 minutes and add a piece of butter and serve hot.

MRS. ENOCH I. CLEGG, North Falmouth.

LAMB BROTH

Remove skin from lean pieces of lamb and wash thoroughly. Put into kettle, cover with cold water and heat slowly to boiling point. Boil 2 or 3 minutes. Reduce heat and let simmer until meat is tender. Strain out meat and let stand until cold, so that fat is hard on top. Remove all specks of fat; season with salt and pepper and serve very hot. The hotter, the more palatable.

EDITH A. BROWN, East Wareham.

PUREE OF SPLIT PEAS

½ cup split peas
4 cups water or ham stock
2 slices onion
1 cup hot milk
1 tablespoon ham or bacon fat
⅛ teaspoon pepper
1 tablespoon flour

Soak peas over night in cold water. Drain and add water or stock, onion, and simmer for 3 hours. Press through a sieve. Add milk, pepper and thicken with fat and flour which have been blended together. Serve with croutons.

MRS. H. B. REAGAN, 30 Bogle Street, Fall River

VELOUTE FLORENTINE

1 can peas
2 teaspoons sugar
2 slices onion
2 cups cold water
1 chicken bouillon
2 tablespoons butter, melted
2 tablespoons flour
2 cups scalded milk
1 egg yolk
1 teaspoon salt
⅛ teaspoon pepper
¼ teaspoon paprika

Put peas in saucepan with sugar, onion, water and chicken bouillon cubes. Simmer 20 minutes and rub through strainer. Add butter, melted and mixed with flour. Stir until mixture boils. Add scalded milk mixed with egg yolk, salt, pepper and paprika. Serve in bouillon cups with whipped cream sprinkled with paprika.

MRS. E. V. BABBITT, 5 Fort Street, Fairhaven.

Chapter VI

CHEESE

"Almond cheese cakes will in gay
Blond array
Bless your nostril and your eye."
—Rostand.

Even the great Napoleon, busy with his wars and his amours, had time to devote careful attention to what he ate. It is notable that he ranked cheese, Camenbert cheese particularly, foremost among the many table delicacies that the French chefs, even in his century, had to offer.

Napoleon was wise. He realized that a strong body makes for development of a strong man, and he realized that cheese is one of the most important body builders among the foods. Because of its large protein content, cheese is a most valuable food and an excellent substitute for meat. Either alone or in combination with eggs and milk, cheese is a most delightful and healthful food.

So greatly do the French esteem cheese, that last year they erected a beautiful statue to Jeanne Harel, the reputed inventor of Camenbert cheese, who made her contribution to the food world back in 1791.

When heavier meals grow tiresome, no better substitute could be found than a pungent, creamy Welsh rarebit or a fluffy cheese souffle. Cheese balls add much to salads, and cheese cakes or toasted crackers spread with any of a dozen kinds of tasty cheese may well form the piece de resistance of any dinner.

BLUSHING BUNNY

butter size of egg
1 can tomato soup
2 eggs
1 pound cheese
1 cup cream or milk
salt and pepper

Take butter, when hot add tomato soup and then cheese, cream or milk and eggs well beaten. Serve on toast. Add salt and pepper. (This is good warmed over).

MISS HELEN E. WATSON, 20 Maple View Terrace.

CHEESE a la ROMAINE

2 tablespoons butter
4 tablespoons flour
½ teaspoon salt
1 cup milk
beaten yolk of 1 egg
2 tablespoons grated cheese

Put the butter into a saucepan; when it is melted add flour, salt and milk gradually. When it is well thickened add the beaten yolk of 1 egg and the grated cheese. Pour the mixture into a baking dish, making a layer half or three quarters of an inch thick. Let it get cold. Sprinkle the top with grated cheese and put it in the oven to brown. Serve it hot.

JULIA JOYCE, 37 Keene Street.

CHEESE AND EGGS—Omelette

¼ pound mild or strong cheese
3 large tablespoons of lard
3 eggs

Cut cheese in thin slices and mix with beaten eggs. Have frying pan hot with 3 large tablespoons lard. Take a spoonful of the mixture at a time and drop into hot lard. Fry on both sides golden brown. Serve hot.

In place of the cheese linguica may be added to the egg batter. Tasty!

MRS. COSTA, 7 Devoll Street.

CHEESE AND RICE CROQUETTES

¾ cup rice
2 cups water
½ cup grated cheese
1 egg
salt and pepper to taste

Cook rice in water. When soft add grated cheese, egg, salt and pepper to taste. When cool shape into croquettes, roll in crumbs. Serve with bacon strips.

MRS. CYRENA A. PEIRCE, 110 Brigham Street.

CHEESE ROAST

1 pound can kidney beans
½ pound American cheese (grated)
1 cup bread crumbs
1 tablespoon butter
1 chopped onion
salt, pepper and paprika to taste

Drain liquid from beans; run beans and cheese through meat chopper; cook onion in butter and a small quantity of water. Combine ingredients; add seasonings and mix thoroughly. Then mold into a loaf; moisten with melted butter and water and roll in bread crumbs. Bake in moderate oven until brown, basting occasionally with butter and water. Serve with tomato sauce.

PRISCILLA ARMOUR, 111 Bonney Street.

CHEESE SOUFFLE

¾ cup milk
3 tablespoons flour
3 eggs
3 tablespoons butter
1 cup grated cheese

Scald milk and add to butter and flour which have been combined to a smooth paste. Add cheese and when melted add slightly beaten egg yolks and fold into stiffly beaten whites. Pour into greased baking dish and bake in moderate oven about 45 minutes.

MRS. ANNA CROWELL, Dennisport, Mass.

ENGLISH CHEESE PIE

½ pound American cooking cheese cut fine
2 medium onions chopped fine
3 slices of bacon
3 tablespoons milk
salt and pepper
small piece of butter

Make a plain pastry, line pie plate and fill with the ingredients, alternately. Cover with top crust. Bake in moderate oven.

MRS. FLORENCE STETSON, 408 Mill St.

RICE WITH CHEESE

1 cup rice
1 tablespoon salt
few grains cayenne
¾ tablespoon butter
milk, butter, cracker crumbs
¼ pound cheese

Steam 1 cup rice, allowing 1 teaspoon salt, cover bottom of buttered pudding dish with rice, dot over with ¾ tablespoon butter, sprinkle with thin shavings mild cheese and few grains of cayenne, repeat until rice and ¼ pound of cheese are used. Add milk to ½ depth of contents of dish, cover with buttered cracker crumbs and bake until cheese melts.

MRS. HELEN PAYTON, 116 Sycamore Street.

Chapter VII

FISH AND SAUCES

> *"Uncle Daniel loved to fish, an' next he loved to eat 'em;*
> *He'd a way of tellin' folks jest how to cook and treat 'em."*
> —*Anon.*

Uncle Daniel must certainly have hailed from Cape Cod itself where the "fisherman by his fish is caught" for who, better than a Cape Codder, knows how to catch, cook, and consume fish? There are those who deprecate the New Englander's lack of enthusiasm for fish and shellfish. They say that the Middle Westerner relishes the creatures of the sea much more than those who dwell by the shore. No doubt they do. Fish is one of the interesting things that draw them to the coast. Despite the excellent refrigerator cars and shipping facilities that carry sea food all over the country, there is an added attraction in eating ocean products within sight of the ocean.

To the New Englander, on the other hand, sea food is an old story. He is born and brought up on codfish cakes and clams. But let him go West where broiled mackerel and shad roe and lobster are very different matters from what they are at home and then measure his appreciation of fish. Watch him turn up his nose at cold storage fish and long for the time when he will be back in the East where fish is fish.

To some, fish on the dinner table is an offense to their appetites, but there are others who eat it assiduously. A diet largely of fish, like any arbitrary diet which brings any one food too much in prominence, it not good. Fish is noticeably less stimulating than other animal meats, but it counters by being more digestible than the others.

Although the number of fish dishes which appear commonly on the menu are apt to be limited, there is no dirth of new suggestions on the preparation of fish as the many delicious recipes below show.

BAKED BASS

Wash and clean fresh bass for baking, leaving on head. Stuff with following mixture:

2½ cups fine bread crumbs
grated rind of quarter of lemon
salt and pepper
½ cup melted butter
1 tablespoon parsley

Mix 2 well beaten eggs with a little water and add to mixture. When fish is well stuffed, sew up opening. Cut gashes on each side and insert thin slices of salt pork. Place in pan with a little stock, and bake in moderate oven.

To gravy which is left in pan, add a little tomato sauce. Stir until boiling point, strain and serve in separate dish. Garnish fish plate with parsley and thin slices of lemon.

MRS. HERBERT SANFORD, Adamsville, Rhode Island.

BAKED BLUEFISH, PORTUGUESE

Select a bluefish, about 2 pounds. Clean and wash it, cut the head off and split the fish in two; remove all bones, season with salt and pepper. Place it on a buttered baking pan, sprinkle the top with chopped onions; bake it to a fine color, baste frequently while cooking. When done, dress the fish on a buttered platter. Fry some sliced mushrooms in butter, add 4 freshly peeled tomatoes and cut into small pieces. Let cook for about 5 minutes, season with salt and pepper, add a little chopped chives and the liquor from the fish. Sprinkle with bread crumbs, scatter with pieces of butter, place in oven and bake. Pour a little tomato sauce around dish and serve.

LUIZ M. FERNANDEZ, Chef, Bridge Diner.

BAKED CLAMS IN THE SHELL

Buy the very large clams. Open the clams, take the insides out and thoroughly cleanse the clam shells. Fill ½ of a clam shell with poultry dressing, put the stomach of the clam in the center of the dressing. Chop up the rims and snouts and sprinkle around the edge. Fill other ½ of shell with dressing and tie the two halves together with a string. Place prepared clam shells in dripping pan and cover bottom of pan with water. Bake about an hour in a moderate oven.

MRS. THOMAS S. SAYER, 349 Reed Street.

STUFFED BAKED CODFISH

Choose codfish according to size of family. Split fish in middle from mouth to tail, leaving on head. Stuff with dressing made as follows:

Dressing:
1 onion chopped and
browned in butter
soaked bread crumbs

salt
pepper
seasoning to taste
slices of pork or bacon

Mix bread crumbs and onion, add salt pepper and seasoning to taste (poultry). Stuff stomach of fish and lay on side. Cut down into bone on side of fish that is on top of pan. Lay slices of pork or bacon into slits. Sear often and when fish easily falls apart take out of oven and serve with Tomato Sauce.

MRS. L. A. HARNEY, 471 Chancery St.

BAKED CREAMED LOBSTER

Cut lobster in small pieces, mix with a rather thick white sauce to which has been added a dash of cayenne pepper and a dash of lemon juice or vinegar. Trim neatly the body shells and tail shells and fill with mixture for individual servings. Place buttered crumbs on top and a little poultry seasoning. Bake until brown about 15 minutes.

MRS. CRAWFORD L. DUNHAM, 51 Green Street, Fairhaven.

BAKED STUFFED HADDOCK, (Dressing included)

Dressing:

½ teaspoon poultry seasoning

¼ teaspoon salt

butter size of walnut

1 cup bread crumbs

Mix ingredients together moistening with hot water. Stuff the haddock. Put thin slices of bacon on top of haddock holding them with toothpicks. Bake in milk enough to keep from burning. Bake in slow oven until the fish starts to fall apart from the bone.

ELM ARCH INN, Mrs. Addie Murray.

CODFISH PIE

Butter a baking dish. Put in it any amount of creamed codfish. Cut up several hard cooked eggs over the top. Add mashed potato to the depth of about 2 inches. Dot with butter and brown. Any left-over fish is good used this way.

MRS. ELMER M. POOLE, 480 Slocum Road, No. Dartmouth.

CORN OYSTERS

2 eggs beaten light

1 can of corn

1 tablespoon melted butter

½ cup flour sifted

½ teaspoon salt

Beat eggs light, add corn, melted butter and ½ cup flour sifted with ½ teaspoon salt. Fry on hot griddle by the spoonful. Serve with cold meat or as a dessert with maple syrup or honey.

MRS. ANTHONY GALLAGHER, 1427 Pleasant Street.

CRAB DELIGHT

2 tablespoons chopped green pepper

2 tablespoons butter

2 tablespoons flour

½ teaspoon mustard

¼ teaspoon salt

½ teaspoon Worcestershire Sauce

1 cup stewed and strained tomato

1 cup cheese

¾ cup milk

1 cup crab meat

Cook butter and peppers together for 5 minutes; blend in flour; add seasonings, tomatoes, cheese and egg. Cook a few minutes. Heat milk before adding the other ingredients, then crab meat. Serve in patty shells, on toast or crispy crackers.

MRS. E. V. BABBITT, 5 Fort Street, Fairhaven.

CRAB MEAT (MOCK NEWBURG)

An easy after theatre dish.

1 8 ounce can Japanese crab meat
1 pint of milk
½ teaspoon paprika
2 yolks of eggs beaten in milk
salt to taste
white pepper to taste

Pick small bones out and wash through strainer the crab meat. Mix milk, egg yolks, paprika, salt, and white pepper together. Put in a double boiler and bring close to boiling point, thicken to a heavy cream consistency with flour thickening. (Strain). Add the crab meat and let cook about 5 minutes, serve on toast.

(A little sherry flavoring adds to the delicacy of this dish).

WILLIAM H. LLOYD, Steward at Round Hill, South Dartmouth.

CREAMED FINNAN-HADDIE

Put finnan-haddie in baking pan and cover with cold water. Bring water to boiling point slowly. Cook over low fire ½ hour. Drain and rinse; separate fish in flakes. Make white sauce, add flaked fish and 1 or 2 hard boiled eggs, sliced.

WHITE SAUCE

1 cup milk
2 tablespoons flour
2 tablespoons butter
¼ teaspoon salt

Melt the butter in saucepan, then add the flour, stirring mixture all the time until it becomes foamy, not brown. Add milk, continue stirring to insure smoothness, cook until thickened. Season.

MRS. FRANCES T. WILSON, 23 Sherman St.

CREAMED HADDOCK AND POTATOES WITH CHEESE

3 cups shredded cooked haddock
3 cups cold cooked potatoes
1½ teaspoons salt
¼ teaspoon pepper
2 tablespoons butter
2 tablespoons flour
½ cup cheese
¼ teaspoon paprika
1 pint milk

Combine shredded haddock and cold potatoes, cut into fine pieces. Make a white sauce by melting the butter and adding the flour. Cook until it begins to bubble and then add cold milk gradually. Cook until of a creamy consistency; add the cheese which has been cut into small pieces. Lower the flame and cook slowly until cheese is melted. Add salt, pepper, and paprika. Mix with haddock and potatoes. Put into buttered shallow baking dish and bake in 500 F. oven until it is browned.

MRS. FLORENCE E. DAFFINEE, 4 Jenny Lind Street.

DELICIOUS FRIED LOBSTER

Take lobster from shell, after it has been boiled. Cut in small pieces. Heat a frying pan moderately hot; put in enough butter to well saute the amount of lobster used; stir and keep turning continually until every particle is well covered with butter and piping hot. Serve immediately with french fried potatoes.

MRS. H. C. REYNOLDS, 352 Arnold St.

DEVILED LOBSTER

Meat from 2 pound lobster (cut in pieces)
3 tablespoons butter
4 tablespoons flour
1 teaspoon salt
¼ teaspoon mustard
1 tablespoon lemon juice
speck cayenne
1½ cups milk
buttered crumbs

Cut in cubes the meat from a lobster. Put butter in saucepan, stir until bubbling, add flour, salt, mustard, lemon juice and a speck of cayenne. Stir until thoroughly blended, pour on milk stirring constantly. Bring to boiling point and let boil 2 minutes. Add lobster meat and refill lobster body. Cover meat with buttered crumbs, place in pan in moderate oven and bake until crumbs are brown. Serve with French Fried Potatoes.

KATHERINE KELLY, 930 Kempton St.

FILLED FISH (GEFULTE FISH)

3 pounds fish, prefer carp, haddock or any round fish
2 onions
¼ celery root
1 egg
salt and pepper
slice of bread
or ¼ cup matzo meal or crackers
1 cup cold water

Clean fish thoroughly. Remove skin without breaking, beginning at the neck, scrape the flesh from skin and bones thus removing backbone with all the small bones attached. Put one large onion and the celery through meat grinder or chop and place in fish kettle. Put small onion through meat grinder then flesh of fish and grind again. Add bread or crackers, or matzo meal, soaked in cold water and squeezed dry, add salt and pepper, egg and the cold water. Stir all together until smooth. Wash fish skin and fill with the mixture. Salt and pepper the outside of fish and place in fish kettle, cover with boiling water and let cook 1 hour or longer until well done, rapidly at first, then slowly. Lift fish carefully with pancake turner. Add ½ cup cold water if necessary, so it will not stick to pan or burn. Cook until water has evaporated, if desired.

MRS. PHOEBE ROSOFF, 570 Allen Street.

FILLET OF PIKE A LA'ORLY

1 pint cider
1 bay leaf
1 sliced onion
1 clove
2 bunches of parsley
½ sliced lemon
12 black peppers, crushed

Mix the ingredients. Fillet a 2 pound pike and lay in the mixture to marinate for 3 hours. Dip the fish in a batter and fry in deep lard until a golden brown, and serve with tomato sauce.

Tomato Sauce:

½ can strained tomatoes
2 tablespoons butter
2½ tablespoons flour
½ teaspoon salt
speck pepper
1 tablespoon sugar
1 tablespoon chopped onion

Melt the butter in a saucepan and cook in it the onions until a nice brown, then stir in flour, mix with salt, pepper and sugar. Stir until smooth. Remove pan from fire to cool mixture, then add strained tomatoes. Return to fire and stir until mixture thickens.

MRS. JULIA A. CARRIER, 45 Branscomb St.

FINNAN HADDIE WITH GLOUCESTER POTATOES

6 potatoes
2 cups finnan haddie (cooked)
2 tablespoons butter
1 teaspoon salt
milk

Bake potatoes. While hot cut a slice from the top of each and remove inside. Put through ricer; add finnan haddie, butter, salt, and enough milk to make a consistency of mashed potato. Beat until light and refill shells with mixture. Put a bit of butter on top of each; sprinkle with paprika and heat thoroughly in the oven. Serves six.

MRS. HELEN SILVA, 41 Water St., Fairhaven.

FISH CAKES WITH SAUSAGE

1 can prepared fish cakes
4 or 5 mashed potatoes
sausage

Add fish cakes to mashed potatoes. Mix well and make into cakes. Fry sausage and then fish cakes until brown. Serve together.

MRS. HENRY JUDSON, Fairhaven.

FISH AND CHIPS

Use 2 pounds of any white fish. Bone the fish.

Batter

1 cup pastry flour
2 teaspoons baking powder
½ teaspoon salt

Mix, then drop in center 1 unbeaten egg and milk enough to form a thick batter (rather stiff so that it will cling to fish). Dip fish then drop in deep boiling fat. Fry until golden brown and drain on brown paper. Serve with potato chips. Serves six.

MRS. WILLIAM TOMLINSON, 421 Allen St.

FISH IN BLANKET

1 pound fillet sole or cod fish
thin slices of bacon
finely chopped onions
salt and pepper

Cut fish into strips about 1 inch wide and 5 inches long. Roll each strip into a ring over two spread fingers. Around each bind a thin slice of bacon, fastening the ends securely with a toothpick. Stand the rings thus formed in a shallow baking pan. Fill the hollow centers with finely chopped onions, season with salt and pepper. Bake in a moderate oven about 40 minutes and serve on a warm platter garnished with parsley.

MISS MARTHA NOYES, 19 Seventh St.

FISH CHOWDER

3 pounds fish (cod, or haddock)
1 quart diced potatoes
¼ teaspoon cloves (ground)
1 tablespoon thyme
1 tablespoon marjoram
salt
½ pound fat, salt pork
1 medium can tomatoes or same amount of ripe tomatoes, skinned
1 tablespoon sage
5 soda crackers
pepper

Boil fish in salted water, cool, remove skin and bones. Flake and put aside. Cook potatoes and fish water that has been saved in boiler; watch potatoes as too much cooking will make them mushy. Grind or chop pork; place in frying pan and fry to golden color; grind or chop onions and add them to pork and fry for a short time, but not until black. Add seasoning to taste, fried pork and onions, to potatoes in boiler, then add broken up tomatoes and flaked fish. Boil 5 minutes. Crumble 5 soda crackers and sprinkle over all seasoning. Keep covered with water so it will not boil away. Few slices lemon may be added. Serves 6 or 8. Recipe is a famous, old Rhode Island recipe, at least a hundred years old.

MRS. ELIZABETH BUMPUS, 220 Palmer Street.

FRICASSEED OYSTERS

1 pint oysters
½ pint water
1 tablespoon butter
2 tablespoons flour
1 cup of milk
salt and pepper
lemon juice
yolk of 1 egg

Take oysters and boil in ½ pint of water, then drain, saving the water. Melt butter in a saucepan and rub in flour. Pour in the oyster water, milk and beat smooth. Season with salt and pepper, then beat a little lemon juice and the yolk of an egg together and pour in. Allow the whole to simmer 1 minute. Pour over the oysters which may be placed on thin slices of toast.

MRS. LILLIAN DOANE, Cotuit.

FRIED CLAMS

1 pint clams
salt and pepper
flour
1 egg
½ cup cracker or stale bread crumbs
2 tablespoons water

Pick over clams and remove pieces of shell. Dry between towels. Sprinkle with salt, pepper and flour. Dip in slightly beaten egg, diluted with water, and roll in crumbs. Fry in deep hot Crisco about 5 minutes. Drain on unglazed paper.

MRS. JOHN WORDELL, 196 So. Main St., Acushnet, Mass.

HADDOCK CHOWDER

4 medium sized potatoes
1 finely chopped onion
small piece of salt pork
1 pound fresh boneless haddock
1 quart milk
1 tablespoon butter

Dice potatoes and add onion and salt pork. Cook for 1 hour. Add haddock and cook another ½ hour. Add milk and butter and let simmer for 5 minutes. Salt and pepper to taste.

MRS. ELSIE MARGINSON, 154 Apponegansett St.

HADDOCK WITH VEGETABLES

haddock or cod
½ cup carrots, diced
1 cup peas
1 small onion (chopped fine)
celery (chopped fine)
mashed potato

Remove skin from any size haddock or cod. Dice carrots, put in baking dish and add peas, onion, celery, then put in water to cover and bake until vegetables are cooked. Remove cover and cover with mashed potato. Put in oven to brown potatoes.

MRS. PERCY C. JAMES, 21 Arch Street.

HALIBUT A LA CREOLE

½ pound halibut
½ cup tomatoes
¼ cup water
small piece onion
sprig parsley
1 clove
½ teaspoon sugar
¾ tablespoon butter
¾ tablespoon flour
salt and pepper

Tomato Sauce: Blend tomatoes, water, onion, parsley, clove, and sugar and cook 10 minutes. Melt butter, add flour and pour on gradually the hot mixture. Add salt and pepper to taste; cook 5 minutes and strain. Clean fish. Wipe with cloth wet with cold salted water and dry thoroughly. Put in baking tin; pour around half the sauce and bake until fish separates easily from bone, basting often. Serve on hot platter; pour around it the remainder of the sauce and garnish with parsley.

MRS. JEANNETTE MULVEY, 5 Burgess Ave., No. Fairhaven, Mass.

HALIBUT AU GRATIN

1 or 2 pounds halibut
salt
pepper
½ cup milk

Pour milk over fish and bake ½ hour. Baste. Make a cheese sauce as follows:

2 tablespoons butter
3 tablespoons cornstarch
½ teaspoon mustard
¼ teaspoon salt
¼ teaspoon paprika
½ teaspoon Worcestershire
1½ cups milk
¼ pound cheese
½ cup bread crumbs

Pour over the fish this sauce which has been thoroughly cooked. Saute the bread crumbs in butter.

CATHERINE NORTON, 273 Park Street.

LOBSTER CHOPS

½ pound lobster meat cut in small bits
2 level tablespoons butter
1 level tablespoon flour
⅔ cup milk or cream
2 eggs beaten
bread crumbs

Melt butter; add flour and blend; add milk and when it boils stir in lobster. Take from fire and add the beaten eggs, pepper and salt to taste. Return mixture to fire and stir until eggs are set. When cold form in shape of chops, roll in bread crumbs, then in egg, then in crumbs again and fry in hot butter.

MRS. CYRENA A. PEIRCE, 110 Brigham Street.

LOBSTER NEWBERG

3 pounds lobsters
1 tablespoon butter
1 small cup sherry
½ pint cream
3 eggs
little salt
pinch of cayenne pepper

Cut lobster in small pieces, put in chafing dish with butter, pour sherry over lobster and cook almost 10 minutes. Have eggs beaten, add cream and eggs. Let all come to a boil and serve.

MARY A. C. RILEY, 53 Morgan Street.

LOBSTER PATTIES

1 cup cream sauce
1 cup lobster meat
slight grating nutmeg
1 teaspoon lemon juice
salt and pepper to taste
1 egg yolk
puff paste patty shells

Make the cream sauce by blending in a saucepan 2 tablespoons butter, 2 of flour; then when smooth add half a cup each of milk and thin cream. Stir until boiling; cook 5 minutes and then put in the seasonings and add lobster cut into dice. Heat thoroughly and just before serving add the yolk of the egg. Fill the shells and serve.

MRS. FLORENCE CRYER, 259 Eugenia St.

NEW ENGLAND CODFISH DINNER

Freshen 1 pound of codfish by putting on the fire in cold water and letting it come slowly to the boiling point. Repeat as often as necessary. Cook separately 12 small beets, 2 cups small onions, 2 pounds new potatoes. Make a medium white sauce and cook 2 eggs hard. Put the cooked fish in the center of a large platter. Pour over the white sauce and sprinkle with the hard-cooked eggs, chopped. Group the vegetables at the ends and sides of the platter and garnish with parsley and strips of salt pork fried until crisp.

ESTHER F. SCHROEDER, 121 Adams St., Fairhaven, Mass.

OYSTERS WITH MUSHROOMS

2 cups oysters
3 tablespoons butter
3 large mushrooms
2 tablespoons flour
salt and pepper
lemon juice to taste
1 egg yolk
2 tablespoons sherry

Scald the oysters and drain the liquid from them, melt the butter, chop the mushrooms and cook them in butter for 3 minutes, add the flour, then the oyster liquid, stirring constantly and, when boiling add seasoning. Put in and heat the oysters and lastly add the egg and wine. Serve very hot on toast.

MRS. LAURA DALLAIRE, 225 Bates St.

OYSTER STEW

Place 1 pint of oysters in stew pan with 1 cup of water. When boiling skim the froth, then add large tablespoon butter and a tablespoon of flour dissolved in milk. When thickened add salt, pepper and 1 quart of milk and let all come to the boiling point when ready to serve.

MRS. BRANCROFT WINSOR, 540 Main Street, Acushnet.

PLANKED SALMON

Use a large double salmon steak. Put on plate. Steam until tender in top of large steamer kettle 1 or 1½ hours. In the meantime, cook green peas and potatoes. Potatoes may be riced, mashed or baked. Make a rich white sauce. When salmon is ready, slide from plate to large platter and cover with white sauce. Arrange around the salmon a mound of peas and potatoes through pastry tube. Garnish with bits of lemon in fancy shapes and sprays of parsley. Makes a good meal and is very attractive.

MRS. M. J. McHUGH, 395 So. Orchard St.

PLANKED SHAD

Split a carefully dressed shad from head to tail. Place on a hot plank that has been rubbed with oil. Brush over fish with melted butter and sprinkle with salt and pepper. Bake about 25 minutes in a hot oven. Baste frequently with melted butter. Bake roe 15 minutes, basting two or three times with melted butter. With a pastry bag and star tube arrange duchess potatoes around fish and roe. Garnish with sliced lemon, green peas, and crisp parsley.

MRS. ESTELLA F. WEBSTER, 219 Irvington St.

PRIZE CODFISH BALLS

Take 2 cupfuls of mashed potatoes, 1 cupful of codfish, flaked, 2 eggs, ½ teaspoonful sugar, ¼ teaspoon pepper, 1-8 teaspoon mustard. Mix thoroughly with a fork, the mashed potatoes and other ingredients. Let cool; form into balls the size of a large egg. Cook in hot fat. This will make 1 dozen.

MRS. RICHARD MARGESON, 635 County St.

SALMON ISLAND

White Sauce
2 tablespoons butter
3 tablespoons flour
1½ cups milk

Melt butter in saucepan (don't let brown) and add flour. In the meantime have milk heating in another saucepan. Add the heated milk to the creamed butter and flour. Stir constantly until moderately thick. Be sure to hold saucepan off the flame while the cream sauce is cooking (A double boiler may be used).

To the Cream Sauce add the following:

1 can well-drained salmon
6 medium sized potatoes
green peas

Mash medium sized potatoes until they are fluffy and light. Pile on the center of a platter. Make an impression in the middle of the potatoes and pour in the creamed salmon. Garnish with green peas.

MRS. C. E. P. THOMPSON, 65 Center Street, Fairhaven.

SALMON LOAF

1 cup flaked cooked salmon
1 cup stale bread crumbs soaked in 1 cup scalded milk
1 teaspoon salt
1 tablespoon butter
½ teaspoon onion juice
2 egg yolks, beaten
1 teaspoon lemon juice
2 egg whites, stiffly beaten

Combine ingredients in order given, folding in the stiffly beaten whites last. Drop mixture into a well greased and crumbed dish and bake in moderate oven. Serve with cream sauce.

MRS. ALFRED P. BERARD, 3 So. Pleasant Street, Fairhaven.

SALMON SOUFFLE

1½ cups canned salmon
1 tablespoon minced parsley
1 teaspoon lemon juice
½ teaspoon salt
3 eggs
⅛ teaspoon pepper
1½ cups medium thick white sauce
⅛ teaspoon paprika

Shred salmon and add parsley, lemon juice, salt and pepper and paprika. Combine with the seasoned fish the white sauce and the yolks of the eggs well beaten. Beat the egg whites until stiff and fold into the fish mixture. Turn into a greased baking dish and set in a pan of hot water. Bake in a moderate oven until the center of the souffle is firm. Serve immediately. Time in cooking 45 minutes.

MRS. EDWARD JOSEPH, 30 Dunbar Street.

SALMON STEAKS — STUFFED

Buy slices of salmon ½ inch in thickness. Arrange half the number of slices in a baking pan on thin slices of strips of salt pork fat. Cover with a well seasoned bread crumb stuffing. Cover with remaining slices of salmon. Sprinkle with flour, salt and pepper. Surround with left-over boiled potatoes, cut into fourths lengthwise. Arrange strips of salt pork fat on top and bake in a moderately hot oven about 30 minutes or until done. Garnish with lemon and parsley.

MRS. R. E. PACKARD, 70 Elm St., So. Dartmouth, Mass.

SCALLOPED CRABS IN CASES

1½ cups crab meat
1 cup cream
1 tablespoon butter
6 red peppers
1 tablespoon flour
½ cup bread crumbs
1 teaspoon salt
¼ teaspoon pepper
1 teaspoon onion
1 teaspoon minced parsley

Heat cream in double boiler, add flour, butter and stir constantly until smooth and thick; season with salt, pepper and onion, then add crab meat and bread crumbs. Cut off pepper tops, remove seeds and pithy white veins, soak in cold water for 10 minutes. Fill pepper cases with creamed crab. Sprinkle with bread crumbs and place each pepper case in a muffin ring and bake 20 minutes.

MRS. FLORENCE SOWLE, 83 Brooklawn St.

SWORDFISH A LA MAINE

8 strips salt pork (cut thin)
2½-3 pounds swordfish steak
¼ teaspoon paprika
white pepper
1 small onion
1 can shrimp
butter size egg
1 teaspoon flour
good pinch mace
1 green pepper
buttered bread crumbs (1 cup)
2 tomatoes

On bottom of roasting pan lay strips pork, on top lay swordfish, cream butter with flour add paprika, mace and white pepper. Spread over top of fish, then chop fine the green pepper, small onion, tomatoes, and shrimp. Mix with 1 cup buttered bread crumbs. Spread this mixture over fish and bake in oven about 1 hour.

MRS. GRACE ANTHONY, 191 Elm St.

TURBOUT OF FISH

1 cup milk
1 small onion
1 tablespoon butter
1 tablespoon flour
1 egg
salt and pepper

Boil 1 small onion in 1 cup of milk, then remove onion. Add butter and flour blended, and then egg. Stir all into milk. Add salt and pepper to taste. Take left-over fish. Pick in small pieces; put in buttered dish a layer of fish then a layer of sauce. Put buttered crumbs on top and brown in oven.

LAVINIA B. NEILD, 5 Maple Street.

WELLFLEET QUAHOG PIE

slices of salt pork
quahog water
2 cups chopped quahogs
little flour to thicken
pepper
pork scraps

Fry out slices of salt pork cut in squares until brown. Take out of frying pan. Add to the fat a little of the quahog water, quahogs, little flour to thicken, add pepper and pork scraps. Cook a little and bake in two crusts in a pie plate. Avoid making it too salty.

MRS. J. K. BABCOCK, 141 Green Street, Fairhaven.

FISH SAUCE

2 tablespoons butter
1½ cup scalded milk
2 tablespoons lemon juice
2 tablespoons flour
½ cup liquid from fish
1 egg yolk

Melt butter, add flour, then heated milk gradually. Add liquid from fish and lemon juice just before removing from fire. Before serving, beat sauce into yolk of egg. Serve hot. One tablespoon catsup may be added, if desired.

PRISCILLA ARMOUR, 111 Bonney Street.

CAPER SAUCE

2 tablespoons butter
2 tablespoons flour
½ teaspoon salt
1 cup fish stock or water
1½ tablespoons capers
⅛ teaspoon pepper

Melt butter, add flour, salt and pepper. Stir until well blended. Add stock (water in which fish has been cooked) gradually and bring to the boiling point, stirring constantly. Cook until sauce is smooth and thick. Add capers and serve hot.

JULIA MARSTERS, East Sandwich.

CHEESE SAUCE

¼ cup butter
½ teaspoon salt
2 cups milk
¼ cup flour
½ teaspoon paprika
1 cup grated cheese

Melt butter, add flour, stirred until thick and smooth, salt and paprika. Add milk and stir until boiling, and then cheese, stirring until melted.

MRS. WENDELL F. NICKERSON, Cotuit, Mass.

CURRY SAUCE

2 tablespoons butter
2 tablespoons chopped onion
1 teaspoon curry powder
1 tablespoon lemon juice
2 tablespoons flour
½ teaspoon salt
2 cups milk

Melt butter in frying pan, add onion, cook for few minutes but not until brown. Add flour, salt and curry powder mixed together. Add to frying pan and cook until well blended. Add liquid and cook again, add lemon juice just before serving.

This recipe is especially good served with fish and pork.

ELSIE M. SYLVIA, 69 Mill St.

DRAWN BUTTER SAUCE—(for fish)

2 tablespoons butter
2 tablespoons flour
¼ teaspoon salt
¼ teaspoon pepper
1 cup water
2 tablespoons butter

Melt the butter, in it cook the flour, salt and pepper; add the water and stir until boiling. Draw to back of stove and beat in the other 2 tablespoons of butter a little at a time. Slices of hard boiled egg, chopped pickles, gherkins, or capers may be added if desired.

MRS. LILA A. BAKER, 26 Elm Avenue, Fairhaven, Mass.

EGG SAUCE (FOR FISH)

1 cup white sauce
1 tablespoon chopped parsley
2 chopped hard boiled eggs
1 teaspoon lemon juice or vinegar

Add eggs, parsley and lemon juice to white sauce after removing from fire.

JOSEPHINE BIERNACKA, 38 Winsor St., Fairhaven, Mass.

LOBSTER SAUCE

Large fresh lobster
flour
tablespoon butter
⅛ cup milk or cream
small quantity of anchovy
little mace
speck of cayenne

Take the lobster and carefully pick out the coral and all the insides, (discard sack in head). Cut meat small. Make a sauce with the flour, butter, cream, and seasoning. Then pull the rest of the lobster to pieces with 2 forks. Add the sauce by degrees to the coral and put in the lobster. Bring to boiling point, stirring all the time, and it is ready to serve.

MRS. D. WOOD, 162 Smith St.

SAUCE REMOULADE

1 tablespoon minced parsley
1 tablespoon minced chives
1 tablespoon minced capers
1 tablespoon minced anchovies
½ cup salad oil
¼ teaspoon onion juice
⅙ teaspoon salt
⅛ teaspoon pepper
⅛ teaspoon dry mustard

Mix and blend all the ingredients except the oil; add this last of all, heating thoroughly. Chill and serve with fish.

MRS. BLANCHE ELLARD, 64 North Street, Medford Hillside, Mass.

SAUCE FOR SALMON LOAF

1 tablespoon butter
1 tablespoon flour
1 cup milk
juice of salmon
1 can peas

Blend butter, flour, then milk and when thickened, add rest of ingredients. Turn loaf on platter and pour sauce over top.

MRS. GEORGE B. RANDALL, Rochester, Mass.

TARTAR SAUCE

1 cup mayonnaise
1½ tablespoons vinegar
½ tablespoon chopped capers
½ tablespoon pickles
½ tablespoon olives
½ tablespoon parsley
1 tablespoon chopped onion

Mix ingredients together in order given. Serve with fish.

ESTHER C. WHELAN, 91 Pelham Street, Fall River, Mass.

Chapter VIII

MEATS

"---------The burning airs around
Still with beevish odours sweet."
—Hodgson.

The days when steak and lamb chops were generally accepted as breakfast dishes have become as much a part of the past as the era of leg-of-mutton sleeves, but meat has not fallen from its status as the mainstay of most dinners. Few men will grant that their chief meal was quite the success it should have been unless there was meat in some form or other on the menu.

The frequency with which this article of food appears on the table demands of the housewife a wide knowledge of different meat dishes, but the average woman sticks disappointingly close to the old regulars and disregards a great many cuts that furnish both a pleasant change and a sufficient amount of nourishment to satisfy even the hungriest male. Wives often have a bad habit of catering to their husbands' tastes to too great a degree. Restaurant meals in premarital days, when it was easier to order a steak than to think of some less ordinary meat dish, foster in many a husband's mind a scorn for other dishes.

Every woman should make it her business to familiarize herself with a chart of meat cuts so that she will know the difference between a rib roast and a piece of brisket when she sees it at the market. It is also advisable for her to get acquainted with her butcher; to learn what this business of meat cutting and meat buying is all about Be assured that he will be just as pleased as you are to feel that you can both talk the same language in the market.

Meat is one of the most costly articles on the grocery bill, but by a little planning, bills could be cut down noticeably and the proper variety of meats could be served. Beef, which is rich in albuminoids, fats, and minerals, is the most nutritious and the most largely consumed of all animal foods. Americans have won themselves a reputation for being ardent devourers of roast beef. And roast beef is unquestionably good. There are, however, dozens of other cuts, relatively unknown, less expensive, and quite as delicious if properly seasoned and prepared. Among these is the pot roast. Many there are who turn up their noses in disgust at the very thought, but very likely they do not know how to buy or serve it. Pot roast, like many another inexpensive cut, can be made a deliciously tender morsel.

ABERDEEN SAUSAGE

1 pound lean beef
½ pound bacon
2 teaspoonsful bread crumbs
1 egg, beaten
1 teaspoonful salt
½ teaspoonful pepper
1 teaspoon Worcestershire

Mince finely the beef and bacon, add bread crumbs and seasoning. Mix all together with the egg. Form into a roll, and boil in a floured cloth for two hours, while it is hot cover with browned crumbs. It makes a nice dish for supper when cold.

MRS. LEO CALDERBANK, 208 Hudson Street.

AMERICAN CHOP SUEY

1 cup boiled rice
1 cup boiled spaghetti
2 onions
3 slices of bacon
1 pound hamburg steak
1 can tomato soup
½ cup dried bread crumbs
salt to taste

Fry bacon and mince together when done and brown, add steak stirring continually, when done add rice, and spaghetti, mix well and fry together a few minutes. Turn all in a baking dish. Stir in tomato soup mixing well, cover with bread crumbs, place in hot oven until brown, serve in same dish.

MRS. F. J. GOMES, R. F. D., Box 117, New Bedford.

BACON AND EGG BASKET

Separate as usual egg whites from yolks as desired; add salt and beat whites stiff, turn into shallow baking dish that has been well buttered. Make small impressions for yolks and drop them in. Bake in medium oven until delicate brown. Place thin strips of fried bacon on top for handle. Serve hot with mashed creamed potatoes.

MRS. EDWARD E. CASEY, 1267 Rockdale Avenue.

BACON OMELET

bacon
1 rounded tablespoon flour
little cold milk
yolks of 2 eggs, beaten
⅔ cup milk
egg whites, stiffly beaten
pinch of salt

Cut thin slices of bacon into dice and fry a golden brown. Remove the bacon from the fat and keep it warm. Pour off some of the fat from the pan leaving just enough to keep the omelet from sticking. Turn into the pan the above ingredients.

Have pan hot and covered, cooking from 3 to 5 minutes over flame, then put pan over low flame to simmer. It takes about 10 to 15 minutes. Before folding over omelet sprinkle with the crisply cooked bacon.

MRS. ALICE HANDY, 96 State Street.

BACONIZED MEAT BALLS

4 thin slices bacon
1 cup cracker crumbs
½ cup hot water
1 pound ground round steak
1 egg
1 teaspoon salt
⅛ teaspoon pepper
¼ teaspoon onion salt
⅛ teaspoon celery salt
¼ teaspoon thyme
¼ teaspoon sage
¼ teaspoon allspice
2 tablespoons flour

Cut the bacon into small cubes and saute until crisp. Add the cracker crumbs stirring until well mixed. Add hot water to mixture and stir again. Turn into mixing bowl add the steak the egg slightly beaten and the seasoning. Mix well, form into balls and roll in flour. Saute well on all sides in hot fat and serve with gravy made from juices in pan. This same mixture may be made into a loaf and baked in a 400 F. oven.

MRS. MARION GRINNELL, 143 Parker Street.

BAKED BREADED VEAL CUTLETS

Cut a large veal steak into cutlets suitable for serving. Wipe meat with damp cloth, remove skin and bones and sprinkle with salt and pepper. Dip each piece in beaten egg which has been diluted with 1 or 2 tablespoons cold water, and then into fine crumbs. Lay the meat in well greased basting pan or shallow roasting pan. Set pan in hot oven and allow meat to brown. Add 1 cup stock or water. Cover, reduce the heat and bake for 50 minutes. If necessary, add a little more liquid. This recipe may be varied by covering the cutlets with a bread dressing while baking. Serve with a brown sauce or a tomato sauce.

MRS. E. A. BENSON, East Wareham.

BAKED VEAL WITH TOMATO SAUCE

1 thin veal cutlet
1 teaspoon drippings
1 teaspoon chopped onion
1 teaspoon chopped parsley
½ cup bread crumbs
½ teaspoon salt
⅛ teaspoon pepper

Trim edge of cutlet and spread on board or platter. Fry onion in drippings until tender, add bread crumbs and parsley mixed with enough water to hold them together. Spread on cutlet and roll. Tie in 3 or 4 places, dust with salt, pepper and flour, place in pan, add ½ cup hot water. Roast in hot oven 35 to 45 minutes adding water if needed, remove to hot platter, pour tomato sauce around meat and garnish with parsley.

MRS. LUCY M. PALMER, Weld Square Hotel.

BAKED HAM IN GINGER ALE WITH CANDIED SWEET POTATOES

Take 1 slice of ham about 2 inches thick and soak in 1 bottle ginger ale for half an hour. Take out ¼ cup ginger ale and mix with ¼ cup brown sugar. Peel and slice 3 good sized sweet potatoes and lay on top of ham in baking pan. Pour ginger ale and brown sugar over potatoes and bake in medium oven for about 2 hours. A little more ginger ale may be added while cooking if needed. When cooked, pour a small can of crushed pineapple over all and serve. This will serve 3 or 4 people.

EDNA M. DAVIS, 189 Shawmut Avenue.

BAKED SCOTCH HAM

1 Scotch ham any size. Boil 3 hours. Let cool in its water or better let stand in water overnight. When cool stick all over with cloves then cover all with paste made of brown sugar mixed with syrup. Pin on top 3 or 4 slices pineapple. Bake in moderate oven one hour and a half.

MRS. H. P. DION, 207 Mt. Pleasant.

BEEF EN CASSEROLE

2 cups cooked beef
1 cup carrots
1 green pepper
8 small onions
a stalk celery
1 cup canned tomatoes
1 cup string beans
1 teaspoon salt
2 tablespoons flour
¼ teaspoon pepper
1 cup stock
1½ cups potato balls
2 tablespoons fat

Place all the ingredients except potato balls, fat and flour in a greased casserole. Bake in a moderate oven until the carrots, onions and string beans are tender, then add the potato balls and the fat also flour which have been mixed together. Cover and bake 30 minutes.

CLARA LAMOUREUX, 674 Cottage Street.

BEEF LOAF

2 pounds steak, ground
6 crackers, rolled
1 small onion
5 tablespoons melted butter
2 eggs, well-beaten
1 cup sweet milk
salt and pepper to taste

Make in loaf in greased pan and bake ¾ hour.

MRS. MANUEL ROGERS, Tucker Road, North Dartmouth.

EXCELLENT BEEF LOAF

1½ pound bottom round steak
½ pound lean pork
½ pound veal
1 small onion
1 cup bread and ½ cup cracker crumbs or 2 cups cracker crumbs
½ teaspoon salt
¼ teaspoon pepper

Grind all meats and onions. Mix well with knife; then add other ingredients. Press into loaf pan. Pour over all 1 cup boiling water and cover. Place in oven 1 hour; then remove cover and place slice of tomato over top of meat; bake ½ hour longer. Remove from oven, turn onto platter, leaving the inverted pan over meat loaf until ready to serve.

MRS. ANNIE R. MORRIS, 60 Bay St.

FILIPINO BEEF LOAF

1 pound beef, ground
1 teaspoon salt
2 cups canned tomatoes
1 egg
1 cupful bread crumbs
⅛ teaspoon pepper
½ onion chopped fine

Mix all ingredients together, make into loaf and place in greased bread pan. Bake in a 400 F. oven 45 minutes.

MRS. E. G. BULLARD, 40 Ocean Street.

HAM AND BEEF LOAF

½ pound Scotch ham
½ pound lean beef
2 eggs
1 cup bread crumbs

Put ham and beef through the grinder, then mix all together, with the two beaten eggs. Add a little pepper. Put in bowl and steam three hours.

MRS. MARY ANNESS, 249-A Whitman Street.

MEAT LOAF

1½ pounds veal
¼ pound ham
1 egg
½ cup bread crumbs
½ teaspoon salt
¼ teaspoon pepper
1 onion
¼ pound fat salt pork

Chop veal and ham fine. Mix in egg, bread, crumbs, salt, pepper and finely chopped onion. Mold in loaf form. Place in baking pan. Bake in moderate oven about one hour. Baste with melted pork fat. Serve hot or cold. Makes a medium sized loaf.

MRS. FREDERICK W. FREY, 922 Kempton Street.

HOW TO COOK A BEEF STEAK, PAN BROILED

Take a thick bottomed frying pan scald it with hot water and wipe dry. Place on fire and when very hot grease it a little more than for cakes with a cloth dipped in butter. Lay in steak and as soon as one side is seared turn over. Stick the fork in turning it in a piece of the fat, never in the meat as the piercing will only allow the juice to escape. Turn back when this side has been seared repeating the turning at intervals until the steak has attained the desired brown and is thoroughly cooked. Have it rare, but never red showing that it is still raw. Count ten between the turns. Sprinkle both sides of the steak when done with pepper and salt, put melted butter over top. Serve upon taking from fire so it will be piping hot.

ROSE MEADE, 46 Robeson Street.

STUFFED BEEFSTEAK

Use a large steak cut from rump. Place on a pan and cover with a dressing made as follows:

2 cups finely crumbled bread
1 onion chopped fine
season to taste
2 or 3 slices of salt pork
1 pint boiling water

Sew up the steak after putting the dressing into it. Put any remaining dressing on top of steak and on this lay salt pork. Pour boiling water in pan. Cover and cook slowly in a moderate oven 3 hours. Then remove lid and brown quickly. Serve hot.

MARGARET NOYES, Fairhaven, Mass.

BOSTON POT ROAST

Cut a slice of salt pork in small pieces and 1 small onion. Place in bean pot or any other closed dish. Add:

1 pound chuck beef
2 soup spoons catsup
1 soup spoon scalded tapioca
salt and pepper to taste

Cut the beef in pieces as for stew. A little allspice may be added if liked. Cook for 3 or 4 hours without water in a very slow oven. Serve with brown gravy.

MRS. T. J. BURNS, 52 Spring Street., Fairhaven.

BRAISED LIVER

calf's liver
small piece of fat pork or bacon
¼ cup diced carrots
¼ cup onion
¼ cup celery
¼ teaspoon peppercorns
a bit of bay leaf
2 cups of water or brown stock
2 cloves

Skewer calf's liver into shape. Place fat pork or bacon on the top of it or around it. In the covered baker place the rest of the ingredients with the liver. Cover closely and bake slowly for 2 hours; removing the cover during the last 20 minutes. Make a brown sauce, using the liquid, and pour it around the liver on serving.

MRS. S. HESKETH, 47 Ashley Blvd.

BROWN STEW OF LAMB

2 pounds lamb
2 onions
2 carrots
1 head celery
2 level tablespoons dripping
1½ level tablespoons flour
1½ pints water
salt and pepper

Cut the meat into pieces convenient for serving. Peel onions, wash and scrape carrots and celery. Melt drippings in saucepan and fry meat golden brown on all sides, removing as soon as browned; add flour and brown that also.

Add stock or water and stir till boiling, then put in meat and prepared vegetables. Season to taste, and cook very slowly for 2 hours.

VICTORIA CHAMPAGNE, 97 Division Street.

CHILI CON CARNE — (a hearty supper dish)

3 green peppers
1 onion
1 pound hamburg steak
can kidney beans

Chop onion and peppers and fry in a little bacon fat until tender then mix in the steak and kidney beans and cook until steak is well browned. Nice served with a plain lettuce salad.

MRS. RACHEL TILTON, Martha's Vineyard, Chilmark, Mass.

CHOP ROAST

Brown 4 or 5 medium sized pork chops on both sides. Place in deep pan and cover with hot water. Add 4 good sized potatoes cut up small, 1 onion cut fine, a little cooked macaroni, and salt and pepper to taste. Cover tight and let steam one hour. About ten minutes before taking from fire add ½ can peas.

MRS. A. E. LAKE, 125 Campbell Street.

COUNTRY CLUB CROQUETTES

1 cup ground ham
2 cups cottage cheese
ground nut meats

Mix ham with cottage cheese which has been well mashed. Shape into croquettes and roll in ground nut meats. Fry in deep fat.

EVA BANCROFT, 85 Glennon Street.

CREAM CROQUETTES

2 cups scalded milk
4 tablespoons cornstarch
¼ cup cold milk
¾ cup sugar
2 eggs
½ cup chopped almonds
1 teaspoon vanilla

Mix cornstarch and cold milk, add hot milk and cook in double boiler until mixture thickens. Add eggs well beaten, sugar, almonds and vanilla. Cook 2 minutes. Pour into shallow pan, chill, cut into squares or rounds, and dip in crumbs, egg and crumbs and fry in hot fat, drain on brown paper, roll in powdered sugar and serve with lemon sauce.

Lemon Sauce

2 teaspoons arrowroot or cornstarch
2 cups water
1 cup sugar
grated rind and juice of 1 lemon
1½ tablespoons butter

Mix arrowroot or cornstarch with sugar, add boiling water and cook 20 minutes. Add flavoring and butter. Serve hot.

MRS. LILLIAN HALL, 11 Desautels Ct.

CREAMED HAM AND POTATOES

1 cup finely-chopped cooked ham
2 cups cooked, diced potatoes
3 tablespoons butter
3 tablespoons flour
1½ cups milk
1 tablespoon minced parsley
1 tablespoon minced green pepper
salt and pepper to season

Melt butter, add chopped pepper and parsley and cook slowly from 3 to 5 minutes. Stir in flour and add milk. Cook until thickened and smooth, then add ham, seasonings and cold potatoes. Cover and reheat over hot water on a very slow fire from 5 to 10 minutes. Sprinkle with chopped parsley and serve very hot.

MRS. MARY R. FAY, 21 Bay Street.

DUTCH STEW FOR TWO

½ pound stew meat
2 carrots
½ turnip
3 medium potatoes
1 onion
1 small can peas
1 can tomato soup

Put stew meat cut in 2 inch pieces in bottom of kettle. Pare and cut up 2 carrots, ½ turnip, onion, and 3 medium potatoes. Put on top of meat can of peas and can of tomato soup. Pour on enough water to cover. Cook in oven or over low flame for 3 hours.

H. ANNIE PHINNEY, 235 North Street.

ENGLISH RIB ENDS

Buy rid ends cut 2 inches square. Salt and pepper. Put in oven with a few onions and brown up for about 20 minutes. Then take off stove to cool for about 5 minutes. Chop up fine some onions, carrots, and a little bit of garlic. Put some butter in a frying pan and then the vegetables and steam for about 10 minutes. Then add stewed tomatoes. Put the rib ends on top of mixture and cook about 15 minutes to flavor it. Then put enough water on to cover the meat and cook for 2 hours very slowly. Serve with browned sweet potatoes.

JACK GIBBONS, Chef at Lobster Grill.

ESCALLOPED HAMBURG STEAK

Butter a deep baking dish and put in first a thick layer of meat, then a thin layer of onions, continue until the dish is full, putting a little salt and pepper on each layer. Pour 2 cups canned tomatoes over the top and bake about ½ hour or until the meat is cooked through. This is delicious served as a supper dish with baked potatoes.

MRS. WM. McAFEE, 445 Mill Street.

FRENCH RAGOUT

1½ pounds pork
1 pound lamb
½ pound beef
1 large onion
salt
pepper
cinnamon
clove

Have meat ground, add chopped onion, season with salt, pepper, cinnamon and clove. Make into balls, roll in flour and sear in melted butter until brown. Add 2 quarts of hot water, cook slowly. Thicken with flour which has been browned in pie plate in oven.

MRS. ARTHUR L. BOUVIER, 505 Sawyer Street.

FRESH HAM ROAST WITH CIDER

May be roasted with the bone in it or without, if the latter, fill cavity with a bread and onion dressing. Place fresh ham in roasting pan, dredge with flour, salt and pepper. Add ¼ cup hot water and sear in hot oven 15 minutes. Reduce heat to moderate allowing 30 minutes per pound after first hour add 2 cups sweet cider and baste meat with it at intervals. If this is cooked away at the end of the second hour add another 2 cups of the cider and when meat is done make a sauce by thickening with flour. Serve with the meat.

MRS. BLANCHE REECE, 234 Allen Street.

FRIED CALVES' LIVER PATTIES

1 pound calves' liver
2 or 3 leeks
salt and pepper
2 raw eggs
1 tablespoon sifted bread crumbs

Put liver through meat grinder with leeks. Put into a chopping bowl; add salt and pepper, raw eggs, and sifted bread crumbs. Form into small flat cakes and fry on both sides until brown.

MRS. THOMAS O'DONNELL, 864 County Street.

HAM FILLETS

Cut a thick slice of ham into strips about 1 inch wide, trim neatly and let stand in cold milk 2 or 3 hours, drain, dry well, and dip into beaten egg and fine bread crumbs. Saute in hot fat, turning to brown all sides nicely.

MRS. ELIZABETH SILVA, 42 Sherman Street.

HAMBURG CASSEROLE

¾ pound hamburg steak
4 large onions, sliced
1 can tomato soup
½ can golden bantam corn
mashed potato
salt
pepper
butter

Saute onions in butter. Heat corn in a little milk with seasoning. Heat soup. Have mashed potato ready. Butter casserole. Put in a layer of onions, then meat, soup, corn and repeat. Cover with a layer of mashed potato, dotted with butter and bake in hot oven 30 minutes.

MURIEL K. RENTON, 354 Clinton Street.

HAMBURG WITH CORN

1½ or 1¾ pounds hamburg	1 onion
1 can sweet corn	4 or 5 potatoes

salt and pepper

Pare, boil and mash potatoes and set aside. Add fat to frying pan and brown hamburg lightly on both sides. Remove from fire and put in deep pudding dish. Slice an onion and fry in fat until brown; add a little hot water to the pan and put in with hamburg. Then add salt, pepper and corn. Last add mashed potatoes spread over the top. Cover and bake in oven until meat is tender.

MRS. P. D. CORMIER, 33 Fair Street.

HEAD CHEESE

Take head, hock and feet of young fresh pork. Boil till meat leaves bones, remove skin and bones. Chop or grind meat, season with pepper, salt and sage and ground cloves. Mix well. Put in dish with a plate to cover. Put heavy weight on plate. Leave two or three days. Turn out and slice.

MRS. ALICE NEVILLE, 155 Richmond Street.

HIDDEN DOG

Peel large, even potatoes and with an apple corer make one or two channels thru each potato, the long way. Draw into each cavity a frankfurter, which has been skinned. Place the filled potatoes in a deep dish, baste with butter and water and bake in a hot oven until the potatoes are tender and brown. Bake 45 minutes in hot oven.

MRS. FRANCES T. WILSON, 23 Sherman Street.

IRISH STEW

1½ pounds lamb (forequarter)	1 onion
1 carrot	2 potatoes
1 small turnip	seasoning to taste

3 tablespoons flour

Cut lamb in small pieces, put in kettle and cover with boiling water. Simmer 2 hours until tender. At end of one hour cut carrots and turnips in small cubes, slice onion and add to meat. One-half hour before removing from fire, add potatoes, cut in small pieces. Thicken with flour mixed with water to form a smooth paste. Season to taste and serve with dumplings.

MISS MARGARET MANNING, 59 Mount Pleasant Street.

JAMISETTE

1 pound hamburg steak	½ box macaroni
1 onion	1 can tomato soup
1 sweet green pepper, chopped fine	⅛ teaspoon pepper
	1 teaspoon salt

Fry steak, onion and sweet green pepper in butter until brown. Add tomato soup. Boil macaroni and add to above mixture. Season with pepper and salt. Put in greased baking dish; sprinkle thickly with grated cheese, then a layer of bread crumbs. Dot with butter and bake until cheese is melted and brown.

MISS ANNIE L. CHASE, West Harwich.

KIDNEY OMELET

Skin two lambs kidneys, dice them and fry in butter for 5 minutes. Make an omelet from 5 eggs, the whites and yolks beaten separately, an ounce of butter, salt and pepper. Add the chopped kidneys, pour into a well greased omelet pan, stir until it begins to thicken, then put into the oven to brown.

MRS. EDITH M. BENSON, West Tisbury.

LANCASHIRE PORK PIES

Cook pigs feet in plenty of water until the meat falls from the bones, strain and set aside for jelly. Grind 2 pounds lean fresh pork in food chopper, cook until tender in very hot water, season with salt and pepper. Make pie crust as follows:

2 cups flour	cut in ¼ cup lard leave, tiny lumps
1 teaspoon salt	

1 teaspoon baking powder

Add little water at a time until all is mixed. Roll out very thin, Line small deep pie tins, fill ½ full with the cooked pork, cover with top crust. Don't slit the crust until after they are baked in a very hot oven, then bore a hole in the crust and fill with pigs feet jelly. Set aside to cool. Brush top crust with egg and milk before baking.

MRS. HENRIETTA HOYLE, 302 Rockdale Avenue.

MARYLAND STEWED RABBIT

Cut up same as chicken, dredge pieces with flour, brown nicely with ¼ pound of thinly sliced salt pork. Remove rabbit and pork and make a brown sauce with flour to half fill skillet. Then replace rabbit, add three onions chopped fine, a bay leaf, pepper and salt, cover closely and stew slowly 1½ hours. Serve with finely chopped parsley and rice border. A little kitchen bouquet in the brown sauce adds to the flavor.

MRS. EVELYN HARRIMAN, W. Tisbury, Mass., Martha's Vineyard.

MEAT SOUFFLE

1 cup thick cream sauce
onion juice
1 cup chopped meat
2 egg yolks, beaten
whites of 2 eggs

Season cream sauce with onion juice. Stir in chopped meat (chicken, turkey, veal or lamb). Heat and add beaten yolks of eggs. Cook a minute and set away to cool. When cold, stir in beaten whites of eggs. Bake in buttered baking dish 20 minutes and serve hot.

MRS. CLIFFORD P. SHERMAN, South Westport.

MOLDED HAM

1 tablespoon gelatin
¼ cup minced celery
2 tablespoons minced parsley
cayenne pepper
½ cup cold water
2 cups minced cooked ham
2 chopped sweet pickles

Soak gelatin in cold water and dissolve in hot water. Add the rest of the ingredients. Mold and serve with mayonnaise flavored with horseradish.

MRS. JOHNSON, 205 Brownell Street.

NEW ENGLAND BOILED DINNER — (CORNED BEEF)

A boiled dinner consists of warm boiled corned beef served with vegetables cooked in the water in which the meat was boiled. Wipe meat and tie securely in shape. Cover with water and bring slowly to boiling point, using a slow flame at first and gradually raising it. Boil five minutes. Remove scum, then lower flame and cook until tender. Cook carrots, turnips, cabbage and potatoes with meat. (Carrots require longest cooking and potatoes the least). Cook beets separately. Serve cabbage and beets in separate dishes. Other vegetables on same dish with the meat.

MRS. C. MARSHALL, 208 State Street.

PARIS STEAK

A recipe from over seas, very delicious. Take 1 or 2 pounds of steak top round or rump in 1 piece. Cut in square pieces big enough to put in the following:

1 tablespoon chopped carrots
1 tablespoon chopped salt pork
1 tablespoon chopped onions

Season, tie up in small pieces with clean white string, cover with water and put sliced carrots around in water, small piece of butter and bake in oven until tender.

MRS. BLANCHE SAVOIE, 101 Nye Street.

PEPPER HASH PRESERVE

12 red peppers
12 green peppers
12 green tomatoes, 2 inches diameter
3 tablespoons salt
12 white onions, 1½ inches diameter
5 cups vinegar
1 cup water
3 cups sugar

Wash all vegetables. Remove the pulp and seeds from the peppers, the blossom ends of the tomatoes and the outsides of the onions. Chop all vegetables and cover with boiling water. Let stand for 5 minutes. Drain and cover again with boiling water and let stand for 10 minutes. Drain thoroughly and add the rest of the ingredients and boil gently for 30 minutes. Stir frequently to prevent scorching. Pour into sterilized jars and seal at once.

MARY G. WILCOX, 53 South Sixth Street.

PHILLIPINE ROLL

3 pounds of hamburg steak
1 green sweet pepper
½ pound salt pork ground up
2 eggs
1½ cups bread crumbs
pepper
pieces of bacon

No salt is necessary as pork has plenty of salt. Mix ingredients together and place in greased pan with pieces of bacon on top. Bake for 1 hour. This is a very good dish for anyone who likes spicy food.

MARY R. SYLVIA, 30 Coolidge St., So. Dartmouth, Mass.

PORK CHOPS EN CASSEROLE

Have about 6 pork chops cut about 1 inch thick. Brown in hot frying pan, season with salt and pepper. Dice an onion and one small sweet pepper (minus the seeds). Mix with 2 cups tomato puree and 1 cup hot water. Put in casserole, add chops, cover. Bake in slow oven 3 hours—serve with apple rings and Rhode Island Johnny Cakes.

MRS. ESTES, Food Service Sec. of Y. W. C. A.

PORK CHOPS WITH DRESSING

6 pork chops
½ onion, finely chopped
2 tablespoons pork fat, chopped
1½ cups bread crumbs
⅙ teaspoon pepper
¾ teaspoon salt
¼ cup hot water
1 beaten egg

Mix bread crumbs, pork fat, seaonings, water and egg. Spread on pork chop. Put chops in pan close together, add a little water to cover bottom of pan and bake in a hot oven one hour basting occasinally.

MRS. VALENTINE BETTENCOURT, Edgartown, Mass.

PORK TENDERLOIN SAUTE

6 pork tenderloins	1 large green pepper chopped
1 large onion cut in Julienne	
4 pimiento cups	

Saute (fry) the pork chops or tenderloins until half done. Add onion, green pepper and pimiento cups, salt and pepper. Let all saute until well cooked. Serve with mashed potatoes.

SADIE LEWIS, Hyannis.

POT ROAST OF BEEF WITH BROWNED POTATOES

Wipe a good piece of beef with a damp cloth. Put into iron kettle or deep frying pan with a little butter and brown well on both sides. Add 2 tablespoons cut onion, 1 tablespoon salt, ¼ teaspoon pepper and 2 cups boiling water. Boil slowly 1¾ hours. Add water as it boils away. 1 cup at a time. Then add pared whole potatoes and boil 30 minutes. Place meat and potatoes on hot platter. Add 1 tablespoon flour mixed with cold water to gravy and boil until thick enough to pour over meat. Carrots may be added when diced with the potatoes.

MRS. MacF. DeMello, Annette Ave., East Falmouth.

POT ROASTER

Take 3 or 4 pounds of beef rolled and boned. First put in a little bacon fat in kettle, then fry a little onion in it when fat is hot add a little water and put in meat. Brown on both sides, then cover with boiling water until done.

MRS. WILLIAM P. HODGES, Yarmouth Port.

POTATOES STUFFED WITH BACON AND LIVER

Use as many large, smooth, potatoes as needed. Wash them thoroughly. Then use an apple corer to make a good sized opening in center of each potato, lengthwise. Sprinkle inside of potato with salt, then place small piece of calve's liver, wrapped in a thin slice of bacon, through the opening. Close each end of potato, with pieces cut out, and fasten with toothpicks. Brush potatoes with oil and bake until soft in hot oven.

MRS. B. A. LUCE, New Jersey.

QUEEN OF LAMB STEW

1 cup lima beans (soaked 2 hours)	1 pound lamb
	1 quart water

Cook 1 hour and add 2 sweet potatoes, 2 white potatoes, 2 small carrots and cook 20 minutes. Add small dumplings; cook 10 minutes and serve.

ANNIE F. WATKINS, West Harwich, Mass.

ROAST SPRING LAMB AND MINT SAUCE

Rub the saddle of lamb with salt and butter, and while roasting baste frequently with gravy and salted water. Cook 10 minutes to the pound in a rather hot oven.

The mint sauce is made from young leaves of mint chopped fine adding 3 tablespoons of mint to 2 tablespoons of powdered sugar. After mixing add to it 6 tablespoons of white wine vinegar, pouring it slowly over the mint.

In order to extract all the flavor of the mint sauce it should be made in advance of dinner.

MRS. M. WINSPER, 229 Hersom Street.

SALISBURY STEAK WITH DRESSING

2 pounds round steak, 1 green pepper, 1 medium sized onion, 1 cup cooked oatmeal, 1 egg, 1 cup dried bread crumbs. Salt and pepper to taste. Remove all fat from the steak. Put through the food chopper with the onion and pepper twice. Soak the bread crumbs until soft in cold water. Drain and wring dry in a folded towel. Add to the meat, with oatmeal, season well with salt and pepper, add the egg and mix well with the hands. Shape half of the mixture in an oval form in a bake pan being well greased. Spread the surface with the dressing, cover with the remaining half of the mixture, press the edges together and bake at 375 degrees.

Dressing 2 cups dry bread crumbs, 2 teaspoons baking powder, 1 tablespoon minced parsley, ½ teaspoon sage, 1 pinch mace, ½ cup soup stock.

MRS. ALBERT ROSCON, 251 Whitman Street.

SAVORY CUSTARD

1 egg	little chopped parsley
1 cup beef tea	pepper

salt

Beat the egg with pepper and salt, then by degrees add the warm beef tea. Grease a big breakfast cup with a little butter and pour in the mixture. Stand this in a saucepan of boiling water so that the water reaches up and cooks gently until set. Turn out when cold and scatter chopped parsley over it.

BESSIE WALMESLEY, 72 Hathaway Street.

SHOULDER OF LAMB STUFFED

Select about a five pound shoulder of spring lamb and have the butcher remove the bone leaving a pocket for stuffing. For the stuffing cook two tablespoons chopped onions, one half cup of chopped celery and one tablespoon chopped parsley in three tablespoons fat until vegetables are tender. Add one cup hot water and three cups soft bread crumbs. Season with one teaspoon salt, one eighth teaspoon pepper, speck of cayenne and one teaspoon poultry seasoning. Stuff the shoulder, weigh it and allow twenty minutes to the pound. Place on a trivet on the roasting pan. Cut several slits in top and insert thin slices of onion and a bit of garlic. Rub the shoulder well with flour and season with salt and pepper. A little dried mint sprinkled over gives it an excellent flavor. Roast in a hot oven 500 degrees fifteen minutes. Reduce temperature to 350 degrees and complete the roasting.

AGNES CAMPOS, 490 Bolton Street.

SOUTHERN DISH

One and half pounds of hamburg steak with a large onion chopped fine. Add a scant cup of rice, washed thoroughly. Season with salt and pepper and make into cakes. Place in bottom of a pan and pour in two cups of boiling water and cook slowly for one hour. Add one can of whole tomato and butter the size of a walnut. Cook for another hour. Makes a delicious dish.

MARY R. COOLIDGE, 30 Coolidge Street, South Dartmouth

SOUTHERN HAM

5 pound ham
¼ teaspoon mustard
1½ tablespoons vinegar
¼ cup brown sugar
½ tablespoon flour
1 tablespoon whole cloves

Soak ham in cold water over night, boil in large kettle 1 hour, drain and remove rind. Cover with paste made of sugar, mustard, flour and vinegar. Stick in whole cloves and bake in roaster over low flame for 1½ hours.

MRS. WILLIAM MAJNDLE, 432 Cedar Grove St.

SPANISH LIVER

1 pound of sliced liver
5 medium sized onions
4 or 5 raw tomatoes or
2 cups of canned tomato
1 large green pepper

Wash the liver with cold water. Drain and dredge each slice with flour. Have ready a frying pan containing about ½ inch of melted fat. When hot add liver, brown on one side, then turn to brown other. If necessary add more fat. Season with salt and pepper. Add the sliced onions and pepper and let them brown a bit, then add the tomatoes and enough hot water to cover the meat. Cover tightly and simmer for about 30 minutes.

MRS. G. L. BROGGI, 615 Acushnet Ave.

STEAK AND BACON ROLLS

1 pound top of round	¾ teaspoon pepper
½ pound bacon	3 cups water
½ teaspoon salt	2 tablespoons flour

Have steak cut thin and fat removed. Lay strips of bacon on it and cut meat same width as bacon. Roll both together, having bacon inside and secure ends with two toothpicks. Melt some bacon fat in pan. Sear rolls in it. Arrange them in a baking dish and season. Put water into pan and let it simmer a moment. Thicken with flour and pour over meat. Cook 1 hour in a moderate oven.

MRS. S. HESKETH, 47 Ashley Blvd.

STEWED LIVER AND MUSHROOMS

1 tablespoon shortening	pepper
1½ tablespoons flour	2 cups water
salt	1 pound calf's liver

mushrooms

Melt shortening and add flour. Brown by long slow cooking. Add salt and pepper then water. Cook until as thick as cream. Have calf liver cut in 2 inch cubes. Pour boiling water over them and drain immediately. Drop these into brown sauce and cook slowly 10 or 12 minutes. They must not cook rapidly nor too long. In the meantime peel some mushrooms if they are fresh and require such treatment and drop into melted fat and allow to simmer. Just before taking up liver, add mushrooms.

MRS. GEORGE CRONIN, 17 Hussey Street.

STUFFED BACON SLICES

Make a moist bread dressing. Place 1 heaping teaspoonful on one end of slice of bacon; roll the bacon around the dressing and fasten with a toothpick or small skewer. Broil, turning frequently to brown on all sides, or fry in pan turning to cook evenly, basting with drippings.

MRS. E. FOISY, 289 Central Ave.

STUFFED FLANK STEAK

flank steak
1½ cups stale bread crumbs
1 teaspoon salt
1 onion
½ cup chopped celery
2 tablespoons butter
⅛ teaspoon pepper

Brown celery and onion lightly in the butter and combine with the other ingredients. Spread the stuffing over the steak, roll it up like a jelly roll and tie up in several places. Sear in small quantity of fat in baking pan on top of stove until brown on sides. Cook in moderate oven 1½ hours. Remove from pan and prepare gravy as follows:

2 cups fat in the pan
1½ tablespoons flour
1 cup water or milk
salt and pepper

Stir fat and flour together in pan until brown. Add water and add salt and pepper.

STASIA SLOWINSKI, 115 Bullard Street.

SWEDISH MEAT BALLS

Get one pound of top of the round steak (ground fine) or cheaper hamburg will do—take one sausage from casing and mix thoroughly with ground beef. Take 1 slice of bread with crusts removed, soak in warm milk (about 2 tablespoons) and add 1 beaten egg—salt—pepper and about 3 whole allspice ground up—mix this with the meat, then put tablespoon of drippings in large frying pan—cook one medium sized onion sliced in this until golden brown—drop the meat balls in by the tablepoon and fry a dark brown—remove from pan put onion in and add thickening for gravy. Will serve 8 or 10 people as they are very rich.

MRS. HAZEL M. SWANSON, 242 Whitman Street.

TOAD IN THE HOLE

1 pound hamburg steak
1 pint sweet milk
1 cup sifted flour
1 egg
salt and pepper

Beat egg, add the milk, pour over the flour stirring until smooth. Butter a baking dish, put in hamburg which has been seasoned with pepper and salt pour the batter over this and bake 1 hour in moderate oven.

MRS. ALLEN M. JONES, Elm Street, Wareham, Mass.

TOMATO-LAMB STEW

2 pounds lamb	1 tablespoon salt
6 potatoes	1 tablespoon sugar
1 onion	½ can tomatoes

½ teaspoon pepper

Boil lamb until almost done, then put potatoes, sliced thick, tomatoes, onion, salt, sugar, pepper and boil until done. Thicken broth with 2 tablespoons flour. This is a tested recipe.

MRS. MARY E. WHALEN, 111 High Street.

TURKEY HASH

Remove skin and bone from cold turkey, chop fine, add cold stuffing, gravy or hot water—enough to moisten. Season with salt, pepper and powdered herb. Cook hash in two tablespoons butter in frying pan, set over fire and stir until very hot. Before hash is done, poach three or four eggs and as soon as hash is taken up, put eggs on top and serve at once.

MRS. THOMAS O'DONNELL, 864 County Street.

VENISON STEAK WITH SAUCE

For venison steak a slice is cut from the leg or the shoulder blade, the latter having a superior flavor. Broil rare over hot coals and serve with a sauce made of the following:

1 cup cider	2 tablespoons currant jelly

1 teaspoon lemon juice

Melt jelly in cider and add lemon juice. Put butter, pepper and salt on steak before pouring sauce over it.

EDITH M. BENSON, Martha's Vineyard, West Tisbury.

VEAL EN CASSEROLE

2 pounds veal steak cut in individual servings.

To one beaten egg add 2 tablespoons cold water, dip veal in bread crumbs that have been dried and rolled, then in egg and again in crumbs. Saute until brown in salt pork fat, place in casserole, cover with a well-seasoned tomato sauce or brown gravy and cook slowly for 2 hours or more. Serve from the casserole.

MRS. WILLIAM TAYLOR, 249 Palmer Street.

"VINEYARD SOUND STEW"

potatoes	½ cup milk
few slices of pork	4 tablespoons flour
2 onions	

Try out the pork, fry the onions. Cut the potatoes into thin slices, put in water and let come to boil. Cook until potatoes are thoroughly cooked through, add pork and onions. Put in about ½ cup milk and thicken with the flour.

CAPTAIN I. M. SWAIN, Steward at N. B. Yacht Club.

Chapter IX

POULTRY

"A bird on a bonnet is worth ten on a plate."
—Cynic's Calendar.

It is quite certain that the cynic was not at all epicurean in his tastes or the above admission could never have been wrung from him. Perhaps he suffered from indigestion, or perhaps it was never his fate to enjoy such a meal as that which is characteristic of the American household on Thanksgiving Day or Christmas. At any rate, we have enjoyed such meals and we are prone to disagree with him heartily.

About one-third of the money spent in the United States for food is spent for meat. A good portion of this sum, which reaches stupendous proportions within twelve months, goes for poultry, long a favorite among foods. True, the holiday board no longer creaks and groans under a load of delicious, steaming food in such large quantities that even the heartiest eater questions his ability to follow the Jack Spratts and "lick the platter clean." But the more moderately planned meals that grace the table today are quite as delicious as the old and they are much more sensible dietetically.

No doubt it was the first Thanksgiving dinner that established the turkey as an American institution, but chicken, the preservation of which caused Francis Bacon many anxious hours and a chill that led to his death back in the early 17th century, and ducks and geese have long been known as tempting delicacies. The delicious recipes below will suggest many new ideas on the preparation of poultry, but first a few pointers on the selection of birds.

Soft feet, smooth skin, pliable cartilage at the end of the breastbone, and abundant pinfeathers characterize the young chicken. The fowl's feet have become hard and dry; the cartilage has become ossified; and the pinfeathers have attained some length. An old fowl, even with infinite patience on the part of the cook, is hard to convert into a tender bit of poultry, but young fowl can be very palatable. Its characteristics strike a happy medium between those of the chicken and those of the old bird.

Of turkeys, the cocks are better than the hens, but in either case the bird ought to be plump, fairly small, and certainly young. Like chicken, the cartilage at the end of the breastbone should be soft and the legs should be smooth and dark.

Especial care should be employed in the selection of geese. Geese are noted for their longevity but old age does not in the least enhance either the tenderness or the taste of a goose. Its bill should be pliable and yellow, not red. It should also be plump and equipped with multitudinous pinfeathers, regardless of the fact that they are bothersome to remove.

Since most poultry bought now has already been dressed either by the butcher or the poultry dealer, we will not go into the methods of cleaning and dressing. Common sense is as good a guide as rules, and the process is fairly obvious any way.

BONELESS FRIED CHICKEN

Boil a four-pound fowl until tender. Remove skin and bones. Cut breast in six pieces also legs in like number of pieces. Dip in flour, then in milk and egg mixture, then roll in fine bread crumbs and fry in deep hot fat. Arrange on platter, brush chicken with melted butter. Serve with candied sweet potatoes and creamed cauliflower.

N. LAMOTHE, Steward, New Bedford Country Club.

FRENCH FRIED CHICKEN

Select very young chicken weighing from 1 to 1½ pounds, thoroughly wash and dry and rub with salt and pepper. Cut in quarters. Dip in egg and then in flour to which baking powder has been added (½ teaspoon baking powder to 2 tablespoons flour) and fry in hot deep fat at 345 to 355 F. 8 to 10 minutes. If desired the chicken may be dipped in a plain fritter batter and fried at 355 F. for 8 minutes.

MRS. GLENDON N. BARR, Main Street, Buzzards Bay, Mass.

CHICKEN AND CORN PIE

Cook and season the chicken for the table. Take 10 ears of sweet corn, cut off. Put a layer of it in a pan, then a layer of chicken, then again of corn until it is all in having the top layer of corn. Lastly turn on the soup. Bake half an hour.

MRS. CHARLOTTE S. BENNETT, Provincetown, Mass.

CHICKEN EN CASSEROLE

8 slices bacon
6 potatoes
1 green pepper
3 cans chicken or 1 pound
6 carrots
2 stalks celery
2 teaspoons Worcestershire sauce
1 cup canned peas

Place 2 slices bacon in bottom of casserole, then a layer of the following vegetables diced; carrots, potatoes, celery, green pepper and peas. Put small lumps of butter on top of vegetables and sprinkle with pepper and salt, and then a layer of boneless chicken. Alternate bacon and vegetables and chicken until the casserole is full, having the last a layer of bacon. Put 1 or 2 teaspoonfuls, according to taste of Worcestershire in 2 cups cold water, mix well and pour into the casserole. Put in moderate oven and bake for 2 hours. Serve in casserole. Lettuce hearts with French dressing make a good side dish with this.

ETHEL D. OLIVER, Wellfleet, Mass.

CHICKEN FRICASSEE

Cut up a 3 pound chicken, wash and rinse carefully. Put into a sauce pan the following:

1 quart water
1 sliced onion
2 cloves
½ of a bay leaf
1 teaspoon of salt
⅓ cup flour
salt and pepper
¼ cup salt pork
boiled rice

Remove chicken and brown the pieces, dredge generously with flour, salt and pepper in salt pork in frying pan. Brown nicely on both sides, add the stock in which the chicken has been cooked. Arrange the browned chicken on a platter. Pour the gravy over it. Surround with a border of boiled rice.

GERTRUDE HUGHES, 344 Davis Street.

CHICKEN HOLLANDAISE

2 cups cold, chopped chicken
1 teaspoon flour
juice ½ lemon
2 tablespoons chopped parsley
½ cup butter
2 eggs, beaten yolks
1 cup chopped celery
1 chopped onion
2 cups cream

Heat cream, add egg yolks and stir until thick. When thick add celery, onion and parsley, then add chicken and lemon juice. Season to taste.

MRS. MABEL SAVERY, 204 Rockdale Avenue.

CHICKEN A LA CUBA

5 or 6 pounds of chicken cut up
1 pound ham
1 can tomatoes
1 garlic
3 small onions
2 tablespoons butter
1 can pimientos
salt and pepper to taste
1 bunch celery
1 bay leaf
1 can peas
½ cup vinegar
potatoes

Brown chicken and ham in butter. Add salt, pepper, vinegar, Cover with water and cook until most done. Clean celery, tie stalks together. Put in pan with tomatoes, bay leaf, garlic, onions, boil hard for ½ hour. Remove celery, strain juice over chicken. Add more water to tomatoes, boil once more. Strain again over chicken. Cook chicken ½ hour after adding juice. Cut potatoes in small pieces, boil in salted water until tender. Simmer peas, heat thoroughly, drain. Put potatoes and peas in center of large platter, surround with chicken, pimientos.

MRS. H. P. REID, 123 Laurel Street, Fairhaven, Mass.

MARYLAND FRIED CHICKEN

To prepare Maryland fried chicken draw, clean and cut up young chickens. Then wash the pieces and dry them with a soft cloth. Sprinkle the pieces with salt and pepper, and dip each into fine cracker crumbs or corn meal then into beaten egg, and again into the crumbs or the corn meal. Next melt in a frying pan chicken or bacon fat, part butter, lard or any other fat for frying. When it is hot place the pieces of chicken in it. Fry them until they are brown on one side then turn and brown them on the other side. Lower the temperature and continue to fry slowly until the meat may be easily pierced with a fork. When the chicken is done pour 2 cups of white sauce on a hot platter and place the chicken in it. Then garnish and serve with corn fritters and potato croquettes.

MRS. THOMAS PRESCOTT, 5 Wilbur Ave. No. Dartmouth.

CHICKEN A LA STANLEY

¼ cup butter
1 slice onion
1 chicken
1½ cups water or stock
1½ level tablespoons flour
½ cup cream
seasoning to taste

Melt butter; in it cook onion and chicken (cut in convenient pieces for serving) for 10 minutes. Remove chicken, put in flour. Blend smoothly with butter; add stock or water, stir until boiling then put in the chicken and cook until tender. Add cream and seasoning just before serving.

MRS. DORIS COSGROVE, 120 Query Street.

CHICKEN WITH MUSHROOMS

2½ pound spring chicken
2 onions
6 fresh mushrooms
½ pint cream
1 pint milk

Chop onions fine, fry in butter until brown, add cooked mushrooms and fry few minutes longer. Quarter chicken, season with salt and pepper, fry in bacon fat slowly until light brown. Remove chicken from pan, strain grease and replace it in pan. Thicken with flour add heated milk and cream, onions and mushrooms and season. Lay chicken in casserole, cover with gravy and simmer for 20 minutes.

MRS. IRENE WILES, 79 Glennon Street.

CHICKEN PATTIES

3 cups flour
½ cup butter
½ cup lard
½ cup cold water
½ teaspoon soda
½ teaspoon cream tartar
1 egg white beaten stiff

Make a paste of the ingredients and roll about 1-8 inch thick. Cut with rather a large round cutter dipped in flour and line a deep muffin tin shaped at the top. Cut little slits in each at the bottom as you would when baking a pie shell. Bake 15 minutes in medium oven. When cook, fill with creamed chicken.

MRS. CARLETON LONG, Orleans, Mass.

CHICKEN PIE

Cut up chicken as for stewing, pour over it 1 quart of hot water, cook slowly until tender. Remove chicken and reduce stock to 1 pint by rapid boiling. Thicken with 2 tablespoons of flour, creamed to smoothness with 2 tablespoons melted fat. Line bottom and sides of baking dish with biscuit dough. Put chicken and gravy into baking dish; season with salt and 2 tablespoons minced parsley. Roll out more dough ½ inch thick. Spread over top of pie. Bake for 15 minutes.

MRS. MARY BROTHERSON, 129 Parker Street.
Regent of Hyacinth Circle No. 71, Daughters of Isabella.

EMERGENCY CHICKEN PIE

1 can (18 ounces) boned chicken
1 can chicken broth
½ can tiny peas
1 large carrot, diced
1 large potato, diced
2 medium onions, cut up
celery salt
pepper
salt
flour
baking powder biscuit dough
celery

Cook raw vegetables in salted water. When nearly done add cubed chicken, soup, peas, salt, pepper, celery salt. Thicken with flour, 1 tablespoon to 1 cup liquid. Pour into baking dish and dot with small biscuits. When they are baked good and brown serve.

MRS. R. CARNEY, 179 Rounds Street.

CHICKEN IN RAMEKINS

1½ cups cold chicken
1 cup cream sauce
few gratings of nutmeg
buttered bread crumbs

Mix the chicken thoroughly with cream sauce, add the nutmeg and empty into buttered ramekins. Cover with buttered bread crumbs, bake until brown. Cold beef lamb and veal may be served in same manner.

MRS. HAZEL JACKSON, 467 Allen Street.

ROAST CHICKEN

Wash, singe and draw the fowl. Rub it with salt and pepper inside and out, and stuff the fowl (Any stuffing may be used. Bread stuffing, or chestnut and celery, the latter is particularly good).

Truss and tie the fowl, grease it well with savory fat or olive oil, dredge with flour and place it on a trivet in a double roasting pan in a hot oven for 30 minutes at 475 degrees to sear quickly so that its juices may not escape during the roasting. Cover the pan, reduce the heat to 325 degrees and cook until the breast is tender allowing 20 minutes for each pound. If cooked in an open pan, as soon as the flour has been nicely browned, baste well, adding a little fat or water if necessary, repeating the basting every 10 minutes. Serve with giblet sauce.

MRS. ISIDOR STEBENNE, 58 Duncan Street.

ROAST CHICKEN LOAF

5 pound fowl
½ teaspoon chopped parsley
1 large potato
2 cups bread crumbs
⅛ teaspoon pepper
1 onion
1 teaspoon salt
1 cup chicken stock
½ teaspoon poultry dressing
chicken fat or cooking oil

Select a nice fowl, clean, cut in pieces and boil gently for 2 hours. Onion and salt may be added if desired. Cut pieces of meat from bone and return bones and skin to boil another 2 hours. For the dressing boil potato and onion in 1 cup chicken stock until mushy, then add crumbs and seasoning. Grease loaf tin, cover bottom with pieces of meat and spread with dressing. Put rest of meat on top, brush with fat, sprinkle with crumbs and bake until tender and brown. Serve with giblet gravy. Time in oven 1:20 minutes. Oven temperature 375°.

MRS. JOHN DAHONEY, 157 Fair Street.

OLD-FASHIONED CHICKEN STEW WITH DUMPLINGS

Fry out 3 or 4 slices of fat pork in kettle you are going to use to make the stew. Remove slices of pork after it is thoroughly fried out. Add a 5 pound chicken cut for fricasse. Cover with boiling water and simmer gently. Add 3 medium sized onions sliced, 2 stalks of celery diced and a small green pepper cut small. Season with salt and pepper. About ¾ of hour before chicken is done add 4 white potatoes and 4 sweet potatoes sliced in ¾ inch slices. When nearly done make dumplings as follows:—2 cups flour, 2 tablespoons fat, 4 teaspoons baking powder, 1 teaspoon salt, 1 cup milk. Sift dry ingredients. Cut in fat, add milk slowly. Drop by spoonful on top of stew. Cover tightly, cook 12 minutes. Dumplings must rest on top of chicken and vegetables, must not settle into liquid. Do not uncover dumplings until steamed 12 minutes. When done lift dumplings to edge of platter. Drain chicken, vegetables, place in center of platter. Thicken gravy, serve. Reserve bowl of gravy before putting dumplings on stew, then you will be sure to have plenty of gravy in case liquid boils away.

MRS. ELSBETH C. LONGDEN, 184 Washington Street.

SMOTHERED CHICKEN, SWEDISH STYLE

Dress, split and clean 2 young, small broilers. Sprinkle inside and out with salt and pepper, and dredge outside sparingly with flour and fold over. Heat a Scotch kettle, pour in 1 cup heavy cream and add chickens. Cook until chickens are well-browned, turning frequently and adding more cream as necessary. Cover and cook until chickens are tender and remove to hot platter. To 3 tablespoons of fat remaining in kettle add 3 tablespoons flour and stir until well blended; then pour on gradually, while stirring constantly, 1½ cups chicken stock and ½ cup cream. Bring to boiling point, season with salt and pepper and strain. Pour around broilers and garnish with parsley.

MISS DOROTHY HASKELL, 514 Union St.

SCALLOPED CHICKEN

2 tablespoons butter
2 tablespoons flour
1 cup milk
¼ teaspoon salt
few grains pepper
cracker crumbs, buttered
1½ cups chicken, cut in small pieces

Make white sauce with butter, flour and milk. Sprinkle bottom of buttered baking dish with crumbs, add chicken, pour over it the sauce and sprinkle with more crumbs. Bake in hot oven until crumbs are brown.

MRS. FLORENCE CORREA, 248 Field Street.

SPANISH CHICKEN

lump butter
3 onions cut fine
2 green peppers cut fine
1 tender chicken
1 can tomatoes
1 cup washed rice
1 pound mushrooms
1 pound sugar

Season to taste and steam until rice and chicken are done.

MRS. ABBOTT MARK, 22 Ocean Street.

CHICKEN TIMBALES

½ cup bread crumbs
¼ cup milk
⅓ cup ground chicken meat
¼ cup whipped cream
¾ teaspoon salt
pepper
nutmeg
1 egg white

Cook the bread crumbs and milk until smooth and mixture leaves the sides of pan. Add chicken and egg lightly beaten. Season to taste. Whip cream and fold into chicken mixture. Pour into timbale or custard cups. Set in pan of hot water and bake in moderate oven until firm. Remove from water and let stand a few minutes before unmolding. Turn out on a warm platter. Serve with currant jelly.

Time in oven—30 minutes. Temperature 350°. Servings 2.

EVELYN BRADY, 74 Fern St.

CHICKEN WIGGLE

2 tablespoons butter
2 tablespoons flour
1 cup milk
1 can chicken
1 can peas

Make a white sauce by melting the butter in a sauce pan, then adding the flour. Stir the mixture to prevent it from browning. Add milk. Stir until the mixture is smooth and thick. Then add the chicken and peas to the white sauce. Season. Serve with saltines.

MRS. EDWARD GANNON, Falmouth, Mass.

ROAST DUCK WITH CELERY STUFFING — Autumn Delicacy

Select a duck weighing about 6 pounds. Have it cleaned saving the liver, gizzard, and heart to use for giblet gravy. Wash the duck thoroughly inside and out and steam 1 hour. Drain and fill with the following stuffing:

Break up enough stale bread to make 2½ cups; add ½ cup celery, 1 teaspoon salt, 1 teaspoon minced onion, ½ teaspoon poultry seasoning, 1 tablespoon chopped parsley. Mix thoroughly, add enough hot water to make the dressing moist enough to hold together. Stuff the duck, sew opening and truss or tie the legs and wings and place the duck back down in roasting pan. Sprinkle with salt, pepper, flour and roast in a moderate oven for 1¾ to 2 hours.

MRS. LOUIS DANIEL, 156 Irvington St.

STEWED DUCK

This is a good way to treat an old tough fowl. Clean and divide as you would a chicken for fricassee. Put in a sauce pan, with several slices of minced ham or salt pork which is not too fat, and stew slowly for at least an hour, keeping the lid on all the while. Then stir in a chopped onion, ½ spoonful of powdered sage, all of the green leaves cut fine, half as much parsley, a tablespoon catsup and black pepper. Stew another half hour, or until the duck is tender and add a teaspoon brown sugar, and a tablespoon of browned flour, previously wet with cold water. Boil up once and serve in a deep covered dish, with green peas as an accompaniment.

MRS. FRANK COREY, Teaticket, Mass.

HOW A CHEF ROASTED DUCKLING

Cut off the head and legs, singe, draw, wipe and truss a tender duckling of about five pounds, reserving the liver. Place in small roasting pan ½ cup water, ½ ounce butter spread over bird, and sprinkle with 1 teaspoon salt and ½ teaspoon white pepper. Set in moderate oven to roast for 50 minutes, turning several times to brown on all sides, and basting occasionally with its own gravy. Remove from oven, untruss and garnish on hot platter. Skim fat from surface of gravy, strain gravy over duck, and serve with apple sauce, separately.

This is the recipe of a famous chef who traveled around the world gathering recipes.

MRS. F. DESJARDINS, 114 Rodney French Boulevard.

ROAST GOOSE

After cleaning goose thoroughly, wash in cold water and wipe. Stuff with chestnut dressing; sprinkle with salt and pepper and lay 2 or 3 strips of fat salt pork over breast. Place on rack in dripping pan and bake in hot oven for 2 hours. Baste every 15 minutes with boiling water and remove basting under goose once or twice. Remove pork last half hour of cooking. Place on platter. Serve with red cabbage or apple sauce.

N. B. By basting with boiling water it prevents the goose being too greasy.

CHESTNUT DRESSING

3 cups chestnuts
½ cup butter
1 teaspoon salt
dash of pepper
¼ cup cream
1 cup cracker crumbs

Shell and blanch chestnuts. Cook in boiling salted water until soft. Drain and mash. Add ½ the butter, salt, pepper and cream. Melt remaining butter; mix with cracker crumbs and mix all together.

CECILIA NIETSCH, 163 Cottage St.

TURKEY CHARTREUSE

1 cup minced turkey meat
1 tablespoon minced celery
½ tablespoon minced parsley
½ teaspoon salt
½ teaspoon onion juice
½ cup turkey dressing
2 tablespoons giblet sauce
1 beaten egg
dash of pepper

Mix all thoroughly, line a pudding mold with cooked rice having it 1 inch thick. Put the turkey mixture in and cover with rice, cover and cook in steamer for about 30 minutes. Turn into a serving dish and surround with left-over giblet sauce, tomato or mushroom sauce. Do not put the sauce over the mold, but around it. Garnish the dish with parsley.

MRS. MARY TEXEIRA, 289 Acushnet Avenue.

TURKEY A LA KING (FOR SIX)

4 tablespoons butter
1 teaspoon salt
3 cups milk
2 tablespoons chopped green peppers
2 eggs well beaten
6 tablespoons flour
½ teaspoon paprika
2 tablespoons chopped pimientos
2 cups diced cooked turkey

Melt the butter and add the flour, salt and paprika, blend thoroughly and add the milk, cook stirring frequently, until a thick creamy sauce forms. Add the pimientos, green peppers and turkey. Cook for three minutes. Add the eggs and stir constantly and cook for one minute. Serve at once poured over hot toast. Garnish with parsley.

MRS. ARTHUR BALTHAZAR, 183 Ashley Blvd.

JELLIED TURKEY

1 level tablespoon gelatin
¼ cup cold water
2 cups left-over gravy
salt
pepper
few sprigs of parsley
½ sliced onion
2 stalks celery
2 cups chopped turkey

Soak gelatin in ¼ cup cold water for 5 minutes. Place gravy, salt, pepper, few sprigs of parsley, onion and celery, cut fine in saucepan and simmer slowly for about ½ hour. Add soaked gelatin. When mixture begins to thicken stir in chopped turkey. Pour into wet mold and chill.

MRS. EDWARD GALLAGHER, 492 Sawyer Street.

Chapter X

STUFFINGS, DRESSINGS AND SAUCES

> *"'Tis the sour sauce to the sweet meat."*
>
> *—Pope.*

A woman who had a reputation in her community for her very excellent cooking once consented to prepare a turkey dinner for her church. The dinner was a success. Everyone consumed more than one generous helping of the tempting delicacies served and one woman seemed unable to satisfy her appetite for the delicious food. At last, abashed by the number of servings she had received, yet passing her plate for another, she excused herself saying, "You know, it isn't the turkey I want, it's the dressing."

And so it is. What turkey is complete without some kind of stuffing, whether it is made of bread or chestnuts, oysters or celery? All sorts of poultry require dressing to make them complete and now and then a stuffed steak or a stuffed fish is appealing and somewhat out of the ordinary.

Sauces for meat and fish, like sauces for desserts, hold a very definite and important place in relation to the main body of the food they grace. Two essential things should be kept in mind regarding sauces. The liquid should be blended with the fat and thickening in such a manner that there is not the slightest possibility of the sauce tasting of uncooked flour. Whatever the sauce, it ought to be smooth and absolutely free from any globules of either fat or flour. The other important factor is that of proper flavoring and seasoning, a matter which depends on the tastes of those for whom the sauce is prepared as well as upon the nature of the food on which it is placed. Sauces are one of the housewife's best devices for making the most of the flavor of the food she is serving.

OYSTER DRESSING

3 cups bread crumbs
½ cup melted butter
½ teaspoon salt
½ teaspoon pepper
1 pint oysters

Mix in order given, then add oysters, cleaned and drained of liquor. A little lemon may be added.

MRS. HEYES, 14 Valentine Street.

POULTRY DRESSING

⅓ cup melted shortening
1½ cups stale crumbs, fine
2 teaspoons minced parsley
1 teaspoon poultry seasoning
¾ teaspoon salt
⅓ teaspoon pepper
grated rind of ½ lemon
1 egg
little milk

Pour the fat over the crumbs; add various seasonings and flavors. Stir all together. If the egg is used beat and add it now, otherwise moisten without making the dressing too wet with a little scalded milk. This may be used as a dressing or stuffing for either fish or chicken.

MRS. C. J. SMITH, 268 Weld Street.

SAGE AND ONION DRESSING

10 large onions
1½ cups stale bread crumbs
1 teaspoon powdered sage
seasoning to taste.

Peel onions, cook until tender in boiling, salted water. Pour off first water and add fresh after cooking 10 minutes. This removes strong odor and taste. When thoroughly cooked drain off water and chop onions fine, add sage, bread crumbs and seasoning. Use as stuffing for goose, duck or boned leg of pork. This may also be cooked in a separate tin and served with the meat, if preferred.

MRS. DORIS COSGROVE, 120 Query Street.

STUFFING

1 small onion
3 tablespoons butter
3 cups soft bread crumbs
½ teapoon salt
⅛ teaspoon pepper
1 teaspoon poultry seasoning

Slice onion and fry in butter until brown. Add bread crumbs, salt, pepper and poultry seasoning and mix well.

MRS. ERNESTINE DIRKSEN, North Dartmouth, Mass.

APPLE STUFFING FOR DUCK, GOOSE OR PORK

4 large apples
1½ cups stale bread crumbs
1 teaspoon powdered sage
1 teaspoon salt
¼ teaspoon paprika
grated rind of ½ lemon
Scant 2-3 cup water or stock

Peel, core and chop the apples finely, blend with crumbs and seasoning, moisten water or stock, fill body of bird or cavity from which bone was taken if shoulder of pork is used.

ANNA NELSON SOUZA, 65 Rockdale Avenue.

DRY PHILADELPHIA STUFFING

2 quarts stale bread
2 tablespoons salt
1 teaspoon white pepper
1 teaspoon powdered sage
2 teaspoons powdered summer savory
2 teaspoons chopped parsley
1 cup butter

Crumble some stale bread and measure two quarts. Rub the butter through the crumbled bread, then add the seasonings and mix well. This dressing becomes moist with the juices of the turkey while it is roasting.

MRS. LOUISE SIMMS, 32 Hussey Street.

MUSHROOM DRESSING FOR VEAL

Fill the space left when the blade has been removed from the veal with a bread crumb dressing to which the following has been added:

3 or 4 chopped mushrooms
season with lemon juice
thyme
sage
1 tablespoon minced salt pork
1 beaten egg

Combine above ingredients with the beaten egg. Sew up the opening.

MRS. MARY TEIXEIRA, 289 Acushnet Avenue.

OLD FRENCH CHICKEN STUFFING

¾ pound ground fresh pork
¾ pound hamburg
½ cup water
1 teaspoon salt
¼ teaspoon ground nutmeg
½ teaspoon pepper
¼ teaspoon ground cloves

Boil 15 minutes then add 4 hot potatoes that have been mashed. Mix with the meat mixture and stuff fowl.

MRS. D. McKEACHERN, 239 Arnold Street.

SAUSAGE DRESSING

1 cup bread crumbs
1 tablespoon poultry dressing
1 egg
2 tablespoons butter
1 cup cracker crumbs
1 teaspoon salt
1 cup chopped celery
1 large sausage

Cut the sausage in small pieces or grind with the bread crumbs. Mix thoroughly, using about 1 1-3 cups of milk for moisture, or half milk and half water.

MRS. GRACE SHEFFIELD, 292 Davis Street.

STUFFING FOR ROAST PIG

1 cup bread crumbs
½ chopped onion
2 teaspoons powdered sage
3 tablespoons melted butter
1 saltspoonful of pepper
½ grated nutmeg
½ teapon salt
2 well beaten eggs

Mix all these ingredients, except the egg, together, beat in the eggs, and stuff the pig into his natural size and shape.

MRS. FRANK COREY, Teaticket.

STUFFING FOR EIGHT-POUND TURKEY

1½ quarts stale bread crumbs
2 eggs
1 tablepon butter
1 fine stalk celery
2 large onions
small piece of chicken fat
½ pound pork chops
salt and pepper

Soak bread crumbs in cold water until soft. Grind together the pork chops, celery, and onions and then fry in chicken fat for 5 minutes over slow fire. Then place upon kneading board and chop fine. Extract water from bread crumbs and mix with eggs. Then place all ingredients together in a bowl and mix together thoroughly. Season with salt and pepper. Add a little cold water if it is thick.

MRS. C. P. SHOWSKY, 58 Peirce Street.

STUFFING FOR TOMATOES AND GREEN PEPPERS

1 cup dry bread crumbs
⅓ teaspoon salt
¼ teaspoon pepper
1 teaspoon onion juice
1 tablespoon chopped parsley
2 tablespoons melted butter

Choose large tomatoes. Cut off stem ends and take out centers. Fill with stuffing; lay on buttered baking pan and bake in hot oven 30 minutes.

MRS. DOROTHY A. WHITE, 507 West Elm St.

VEAL STUFFING

½ pound suet
1 pound bread crumbs
1 teaspoon salt
½ teaspoon pepper
some thyme
knotted marjoram fresh or dried
little lemon peel
2 eggs

Chop suet up very fine and prepare the herbs, if fresh and the lemon peel in the same way, mix the suet, salt, pepper, herbs, peel and bread crumbs in a bowl and add the eggs, beaten up to bind the whole together.

MISS M. HOLDEN, 173 Glennon Street.

ARTICHOKE-HOLLANDAISE SAUCE

Soak the fruit in bowl of cold water for 2 hours, then shake about in the water freely to remove all traces of sand. Plunge into boiling water and cook until tender, then drain. Serve with Hollandaise Sauce as follows:

6 tablespoons salad oil
3 tablespoons vinegar
3 tablespoons water
1 tablespoon cornstarch

Dissolve starch in mixture, then bring to a boil. Cook slowly 5 minutes, then remove from fire and add—

1 well beaten egg
1 teaspoon grated onion
1 teaspoon salt
½ teapoon white pepper
pinch of mustard
finely grated cheese

Remove the cornstarch mixture from the fire and add well beaten egg, beating it very hard and fast to thoroughly mix it, add onion, salt, pepper, mustard. Beat hard to blend, pour over prepared artichoke and sprinkle with finely grated cheese.

HANNAH E. ATCHISON, 459 Mill Street.

BEEF STEAK SAUCE

1 ounce pickling spice
1 pint vinegar
1 tablespoon dry mustard
1 tablespoon flour, scant
2 tablespoons brown sugar
1 teapoon salt

Strain through fine cheesecloth and bottle. Use for either cold roast meats or hot meats of any kind.

MRS. ERNEST E. DAVIS, 178½ Blackmer Street.

BROWN SAUCE

2 tablespoons butter
½ slice onion
2 tablepoons flour
1 cup brown stock
¼ teaspoon salt
⅛ teaspoon pepper

Cook onion in butter until slightly browned; remove onion and stir butter constantly until well browned; add flour mixed with seasonings, and brown the butter and flour, then add stock gradually, bring to the boiling point and let boil two minutes.

MRS. JOHN MELLO, 176 Charles Street.

CHESTNUT SAUCE FOR TURKEY

Take the shells from pint of large chestnuts. Scald then remove the inner skins. Break in halves and cook in salted boiling water or stock until very soft. Mash fine in water in which they were cooked. Mix together one tablespoon of flour, two tablespoons of browned butter, add to chestnut puree and season to taste with salt and pepper.

MRS. HAZEL JACKSON, 467 Allen Street.

CLARET SAUCE FOR GAME

½ pint claret
4 tablespoons stock
1 tablespoon lemon juice
1 teaspoon grated horse radish
⅛ teaspoon paprika
½ teaspoon salt

Mix all the ingredients together thoroughly and heat gradually in a double boiler or over hot water. Do not allow it to boil. Serve immediately.

MRS. MATILDA POIRIER, 37 Bullard Street.

CRANBERRY FRAPPE

½ envelope gelatin
1 cup cold water
3 cups boiling water
1 quart cranberries
2½ cups sugar
4 tablespoons lemon juice

Soak gelatin in cold water 5 minutes, cook cranberries in boiling water until soft, then force through a strainer; add soaked gelatin, sugar and lemon juice and freeze. A delicious accompaniment to roast turkey.

EMMA LAGUE, 117 Jouvette Street.

CRANBERRY SAUCE

1 quart cranberries
1 cup water
1¾ cups sugar

The general rule is: Use ¼ as much water as cranberries. Add 1-3 as much sugar as cranberries. Have water boiling, add berries, cover and cook until berries have burst outer skin. Add sugar and boil few minutes longer. Pour into mold; cranberries may be strained before sugar is added.

MRS. MARY SILVA, 391 Rockdale Avenue.

CUMBERLAND SAUCE FOR DUCK

juice and rind of 1 orange
2 tablespoons melted currant jelly
juice and rind of 2 lemons
1 tablespoon grated horseradish
1 cup powdered sugar

Mix together the orange and lemon juices and grated rind; add the currant jelly powdered sugar and then the horseradish. Beat thoroughly. Heat and serve.

MRS. EVELYN P. MERCER, 5 Ball Street, Fairhaven.

CURRANT SAUCE

1 cup brown stock
1 tumbler currant jelly
2 tablespoons butter
juice of 1 lemon
1 teaspoon salt
¼ teaspoon pepper
2 tablespoons corn starch

Melt butter, add corn starch and when it cooks for a moment add cup of stock slowly, then the salt and pepper, lastly the jelly; as soon as all is well mixed and hot, it is ready to serve with venison, mutton, goose or duck.

MRS. F. D. HEBERT, 72 Division Street.

MAITRE D'HOTEL BUTTER

2 tablespoons butter
½ teaspoon salt
⅛ teaspoon white pepper
1 tablespoon lemon juice
1 tablespoon chopped parsley

Cream butter, add gradually salt, pepper, lemon juice and chopped parsley. Keep very cold. Serve with fried fish or broiled steak.

MRS. GRACE L. MACK, 184 Washington Street.

MINT SAUCE

⅓ cup mint leaves chopped fine
½ teapoon salt
1 tablespoon water
few grains cayenne
⅓ cup vinegar
2 tablespoons powdered sugar

Add salt to sugar, stir well, and add vinegar to water, and then add to sugar mixture. Lastly add mint and paprika. Steep for one hour before serving. The paprika may be left out. Good served with lamb.

LAURA M. SYLVIA, 256 County Street.

MUSHROOM SAUCE

¾ lb. fresh mushrooms
(about 3 cupsful)
1 tablespoon butter
1¼ cupful cream
salt
pepper

Brush mushrooms — peel the stems. Melt the butter in a frying pan, add the mushrooms, cook, until a golden brown. Add the cream, cook slowly about 20 minutes, or until the cream has darkened and thickened. It may be necessary to add a little more cream, if some has evaporated. Season with salt and pepper. Pour over steak or buttered toast.

MRS. FLORENCE SOWLE, 83 Brooklawn Street.

OLIVE AND CELERY SAUCE

meat from 1 dozen olives
2 pimientos
1 stalk celery
1 cup mayonnaise

Cut meat from olives, add pimientos, celery. Mince all fine and add mayonnaise.

For fish or cold meat.

MRS. A. P. CUNNINGHAM, 126 Rotch Street.

OLIVE AND MUSHROOM SAUCE—(Delicious Sauce for Steak)

2 tablespoons butter
1 cup sliced mushrooms
½ cup milk
½ cup sliced olives
tablespoon flour
¼ cup cream (1 small can evaporated milk in place of both cream and milk)
salt and pepper

Cook mushrooms in butter 2 minutes, add olives, cook 1 minute, sprinkle with flour and stir until blended. Add milk slowly. Stir until smooth and thick, add cream, season with salt and pepper. Heat and serve at once.

MRS. GRACE ANTHONY, 191 Elm Street.

OYSTER SAUCE

1 pint of oysters and their liquor
2 tablespoons butter
flour
juice of ½ lemon
dash of cayenne
little grated nutmeg
1 cup hot milk

Boil the liquor from the oysters 1 minute, then add oysters. Bring again to a boil, add butter, cut up and rolled in flour, the lemon juice, cayenne and grated nutmeg. Boil 5 minutes, add milk, stir and serve with roast veal.

MRS. MABEL SAVERY, 203 Rockdale Ave.

PIMIENTO SAUCE

2 cups milk
2 tablespoons butter
4 tablespoons flour
salt and pepper
one pimiento

Make white sauce of milk, flour, butter and seasonings and add mashed pimiento. This is an excellent sauce for asparagus on toast.

MRS. CLARENCE MARSHALL, 208 State St.

RUSSIAN SAUCE (PIQUANT)

4 tablespoons grated horseradish
1 teapoon weak mustard
½ teaspoon sugar
little salt
dash of cayenne pepper
2 spoonfuls vinegar

Mix thoroughly and serve with cold meat. When used for fish add it to melted butter — two parts of butter to one of sauce.

MRS. ANNIE GILLIBRAND, North Dartmouth.

SAUCE FOR COLD MEATS

In serving any kind of cold meats boiled or roasted, make a sauce as follows:

2 tablespoons of La Choy Soy sauce
3 tablespoons Chili sauce or Catsup
pinch of good mustard

You will find that this kind of sauce is delicious with cold meat.

"Au jus." Gravy from roasts. In roasting hams, beef, chickens, etc. baste with 2 tablespoons of La Choy Soy sauce to 2 cups water. This will give you a delicious "au jus" gravy which you can serve with mashed potatoes.

MRS. ANNA TRUDEAU, 191 Earle Street.

SAUCE FOR GAME

6 tablespoons currant jelly
2 tablespoons lemon juice
1 glass port wine
2 tablespoons butter
1 tablespoon grated orange peel

Melt jelly and butter together, add lemon juice. Just before removing from fire, add peel and wine. Cool a little and serve with venison or any kind of game.

MINNIE G. SWEET, Wareham, Mass.

SAUCE FOR HAMBURG STEAK

2 slices of bacon cut in small pieces.
2 onions chopped
3 sweet peppers chopped
4 large tomatoes

Cook until well blended and serve on hamburg steak meat balls.

MRS. BENJ. TRIPP, 17 Plymouth St.

TOMATO SAUCE

2 tablespoons butter
½ cup cold water
1 slice onion
½ teaspoon salt
2½ tablespoons flour
1 cup strained tomato juice
2 cloves
⅛ teaspoon pepper

Boil together water, tomato and onion. Brown the butter, add the flour and brown together. Add hot liquid gradually. Boil 3 minutes and strain.

MRS. MARY R. FAY, 27 Bay Street.

CHOPPED TOMATO SAUCE—(To be Served With Croquettes)

2½ cups chopped peeled tomatoes
1 small minced onion
1 shredded sweet pepper
1½ teaspoons sugar
2 tablespoons butter
1¾ teaspoons salt
1 tablespoon fine dry crumbs

Caramelize the sugar in a heavy saucepan. Add the butter, onion and pepper and cook slowly 5 minutes. Add the remaining ingredients and simmer about 10 minutes until the tomato is cooked through and the sauce is slightly thickened.

MRS. MARGARET LEITE, 545 Rivet Street.

THICK WHITE SAUCE, FOR CROQUETTES

2 tablespoons butter
1 cup milk
few grains cayenne
2 tablespoons flour
¼ teaspoon salt
¼ teaspoon pepper

Melt butter, add flour, seasonings and liquid. Stir until boiling point is reached. Cook five minutes, stirring constantly.

R. ANITA ATWOOD, Rock, Mass.

YORKSHIRE PUDDING

2 eggs
6 tablespoons flour
½ teaspoon salt
milk

Beat thoroughly eggs, add flour, salt and milk until the whole is the consistency of thick cream. Pour into a roasting pan and bake in the drippings from the roast. Delicious with roast beef.

MRS. L. B. AKIN, 15 Anthony Street.

Chapter XI

VEGETABLES

> *"Like a flower without petals, a day without sun,*
> *So the dinner would be were there vegetables none."*
> —*Anon.*

Vegetables are one of the chief mainstays of the daily diet. Of these, the potato probably holds the most important place, a place which it has earned by its adaptability. No matter how many other vegetables may be served with a meal, the potato is almost certain to be one of them. There are so many interesting ways to fix this particular food that it would be very hard for it to become monotonous. While boiling, baking, mashing, and frying are the most common ways to prepare potatoes, one can experiment with many new methods and produce palate-tempting results.

Vegetables must not always be taken at their face value. The humble cabbage, that can be purchased for very little, has much more to offer in the way of food values than the expensive mushroom, whose contribution is comparatively small. That does not mean that mushrooms do not add considerably to a broiled steak or a fluffy omelet.

Rich in vitamines, vegetables also have a large mineral content which should be preserved by careful cooking. Food authorities are agreed that vegetables, as well as meats and fruits, should be cooked largely, or entirely when possible, in their own juices so that the flavor and health-giving properties will be retained.

Though scorned by many, eggplant with its delicate flavor has many possibilities, and broccoli, squash, peppers, and parsnips all have their secrets. A little experimenting with vegetables reveals surprising things and the drabbest appearing tuber can be transformed into the most delicious tasting dish if the cook will only take the trouble to discover what its particular secret is.

BOSTON BAKED BEANS

1 quart dried white beans
2 tablespoons sugar
1 teaspoon salt
2 tablespoons molasses
1 teaspoon dry mustard if desired
½ lb. clear fat pork

Soak beans over-night in cold water. In the morning drain and cook in boiling water until skins crack when tested by removing a few from the water. When tender drain and put in a bean pot. Bury pork in top of beans and cover the whole with boiling water mixed with sugar, molasses, salt and mustard. Cover and bake slowly eight hours.

MRS. ANNIE JOSEPH, 94 Clark Street

LIMA LOAF

2 cups lima beans
1 cup bread crumbs
1 well beaten egg
2 tablespoons minced onions
2 tablespoons tomato catsup
½ teaspoon salt
⅛ teaspoon pepper

Turn into buttered bread pan. Cover with bacon strips. Bake in a moderate oven 360 F. about 25 minutes. May garnish with parsley if desired.

MRS. M. A. GILMORE, 217 Mt. Pleasant Street.

SUGARED BEETS

4 hot boiled beets
3 tablespoons butter
1½ tablespoons sugar
½ teaspoon salt

Cut beets in one fourth inch slices, add butter, sugar, and salt. Reheat for serving.

MRS. JOHN F. DIAS, 42 South Chestnut St., Fairhaven, Mass.

CABBAGE HOT SLAW

1 cabbage
celery
¼ pound butter
½ cup milk
½ onion sliced very fine

Cut cabbage up finely, also the celery and add onion. Put in butter and milk. Cover it up tight and let simmer ½ hour over slow fire and serve hot.

MRS. ABRAMS, 312 Hawthorn St.

STUFFED CABBAGE

Hard head of cabbage
sausage meat
olive oil
salt and pepper

Take the outside leaves off the well washed cabbage. Cut off a top cover from the cabbage, scoop out the insides. Chop fine the cabbage that was scooped out from the center and mix with it some sausage meat and olive oil. Season with salt and pepper and put back into cabbage. Put the cover back on the cabbage and put in roaster with a little water. Bake 4 or 5 hours in a slow oven.

MRS. MARGARET LAMY, Cook at N. B. Woman's Club

CREAMED CARROTS

Wash and scrape carrots, cutting in small pieces. Boil slowly in salted water until tender. Drain water and add 2 tablespoons butter and a little flour. When the butter is melted, add cream to moisten. Let it come to a boil and serve at once.

MRS. HELENA GREENE, 68 Crapo St.

CARROT CUTLETS

1 cup carrots, boiled and mashed
2 cups cold boiled rice
1 egg beaten
1 tablespoon minced onion
1 teaspoon red pepper
1 tablespoon celery salt
pinch paprika and salt

Mix all ingredients together well and form the mixture into balls flattening them into the shape of cutlets. Roll them in crumbs, egg and crumbs again. Fry in deep drippings. Place a cube of jelly on each cutlet and garnish the dish with parsley.

MRS. JOSEPH VINCENT, 183 County Street.

CARROT LOAF

1½ cups ground raw carrots
1 cup ground peanuts
2 tablespoons red or green peppers
1 tablespoon onion juice
½ teaspoon mustard
1 cup boiled rice
1 egg, salt and pepper
3 tablespoons minced bacon or other fat

Mix the ingredients in order given and bake the loaf in a moderate oven 1 hour. Serve with tomato sauce if desired.

MRS. CHRISTOPHER MULROY, 564 South Second St.

CARROT NOUGAT

1 cup grated carrots
1 cup water
Grated rind 1 lemon
1½ cups sugar
1 cup ground almonds
Whites of 2 eggs

Wash, scrape and grate carrots until there is 1 cup of pulp. Cook sugar and water a few minutes until clear, add carrots and let boil, being careful that it does not burn, until a few drops form a firm ball in cold water. Add almonds, beat in the egg whites, and drop from tip of spoon on oiled paper.

MRS. M. SOKOLL, 525 Rockdale Avenue.

SCALLOPED CARROTS

3 cups sliced carrots
3 cups cooked onions sliced
2 cups milk
4 tablespoons flour
cold water
1 tablespoon butter
salt and pepper to taste
celery salt
Bread crumbs and dots of butter

Cook carrots in salted water until tender. Prepare 2 cups white sauce made of milk, flour mixed with a little cold water until smooth; add tablespoon butter, salt and pepper. Celery salt may be added if desired. Put in baking dish in layers; first the carrots, then the onions, then the sauce. Fill the dish, sprinkle with bread crumbs and dot with butter. Bake ½ hour or until hot. Do not have the oven too hot.

MRS. D. F. BARRY, West Wareham, Mass.

CAULIFLOWER AND CREAM SAUCE

To boil cauliflower, remove the outer leaves, cut the stalks close and soak in salt and water for an hour. Drain well and place in a kettle of boiling water, salted. Skim it and boil 20 minutes. Drain and serve with sauce made as follows: Cream ½ cup of butter and a heaping tablespoonful of flour in a warm dish that can be set on the stove; when well mixed pour in a very little boiling water, not more than 4 tablespoons, a little at a time, stirring constantly. Then pour in slowly ½ pint of boiling milk, stirring as before. Keep hot but not boiling for 5 minutes; add a little salt if necessary and serve as hot as possible.

MISS HANNAH ASHLEY, 93 State Street.

SCALLOPED CAULIFLOWER

1 cauliflower
1 level tablespoon butter
½ cup cream
½ cup bread crumbs
½ cup nut meats
salt and pepper
1 cup milk

Cook the cauliflower in boiled, salted milk and water until tender, using the milk to keep the cauliflower white; drain and break into small pieces. Heat the butter and cream together and add seasoning and nuts. Grease a baking dish and sprinkle with crumbs; put in a layer of cauliflower, then a little of the sauce, more cauliflower and more sauce until the ingredients are used. Srpinkle the remainder of the crumbs on top and place in hot oven to brown.

HILDA COSTA, 73 Prospect Street.

CELERY—CREOLE STYLE

1 cup diced celery
2 tablespoons finely chopped onion
1 tablespoon butter
2 teaspoons finely chopped green pepper
⅓ cup canned tomatoes
½ cup boiling water
⅓ teaspoon salt

Put celery in saucepan with boiling water and boil 10 minutes or until tender. Melt butter, add onion, salt and pepper and cook slowly 5 minutes and stir in the tomatoes. Add celery and cook the entire mixture 10 to 15 minutes longer.

MRS. CLARENCE PERRYMAN, 172 Hathaway Street

CORN AND POTATO LOAF

1 cup canned corn
1 pint mashed potatoes
1 tablespoon butter
1 egg (beaten)
½ teaspoon onion (grated)
dash of pepper

Add corn to hot mashed potato with other ingredients. Mix lightly and dot with bits of butter. Bake in a moderate oven about ½ hour.

MRS. ALLEN H. HERSOM, 35 Lake Street.

SCALLOPED CORN

¼ cup butter
¼ cup flour
½ teaspoon salt
1 tablespoon sugar
1 pint fresh corn or drained can corn
1 cup bread crumbs
2 tablespoons cream
1½ cups milk

Heat the milk in a double boiler. Mix the butter and flour together and add the hot milk, stirring constantly. Then add the corn, salt, and sugar. Let come to boiling point and turn into a baking dish. Cover the top with the bread crumbs, moistened slightly with cream, and bake 15 to 20 minutes. A tablespoon of butter may be used instead of the cream.

MRS. ANNIE SALT, 10 Ball St.

SCALLOPED CORN AND TOMATOES

2 cups tomatoes
1 teaspoon salt
¼ teaspoon pepper
2 tablespoons sugar
1 cup bread crumbs
2 cups corn

Cover the bottom of the greased baking dish with a layer of bread crumbs. Add a layer of the corn and one of the tomatoes. Continue this until all the materials have been used, saving a layer of bread crumbs for the top. Dot with butter and brown in a hot oven.

MRS. WILLIAM TAYLOR, 249 Palmer St.

CUCUMBER SURPRISE

1 good sized cucumber
½ teaspoon salt
1 small can salmon
mayonnaise
2 teaspoons prepared mustard
watercress

Peel cucumber. Cut crosswise in middle. Scoop out all seeds and let stand for a few minutes in ½ teaspoon salt and iced water. Mix small can of salmon with mayonnaise to which prepared mustard has been added. Drain cucumbers and fill cavities with salmon. Chill, and when ready to serve, cut crosswise in ¼ inch slices and arrange on watercress.

MRS. EMELIA MONTY, 1199 Kempton Street

BAKED EGG PLANT

Peel the egg plant and cut out a piece from the top; dig out the center, thus removing the seeds; fill the cavity with a dressing like that for ducks and replace the top piece. Bake an hour, basting with a spoonful of butter, melted in a cup of hot water, and dredging with flour after each basting. It should be served as soon as possible after it is prepared.

MRS. EDITH A. BROWN, E. Wareham, Mass.

GREENS

Greens such as spinach, cabbage, dandelions, and the tops of young beets, should be boiled. Sprinkle with cold water and drain. Fry small piece of bacon and onions in a spoonful of butter. When brown, pour over the greens and serve hot.

MRS. MARTHA HAMMERER, 30 Nye Avenue, Acushnet.

MACARONI MOUSSE

1 box macaroni cooked until tender
1 cup soft bread crumbs
1½ cups scalded milk poured over bread crumbs
¼ tablespoon melted butter
1 whole (cooked) pimiento
1 teaspoon chopped parsley
1 teaspoon chopped onion
1½ cups grated American cheese
salt
pepper
paprika
2 well beaten eggs

Mix all together and pour over the macaroni. Bake for 15 minutes. Served with creamed mushrooms completes a main dish.

JOSEPHINE CASSIDY, New York City.

FRENCH FRIED ONIONS

Onions	½ cup milk
2 egg yolks	¾ cup pastry flour
¼ teaspoon salt	

Slice onions in rings and dip in batter. BATTER: Mix eggs slightly beaten, with milk, flour and salt. Fry in deep fat.

OR soak onion rings in milk ½ hour (this takes some of odor away) and shake in paper bag with flour. Fry in deep fat.

Be sure to drain onions on brown paper when they are taken from the deep fat.

MRS. P. ROACH, 484 Linden Street, Fall River, Mass.

OVEN COOKED ONIONS

These are delicious with steak or pork chops and much more digestable than fried onions.

Peel the number of onions required for meal. Slice thin in a baking dish; add a generous amount of butter cut in small pieces, a little salt and pepper. Cover dish and bake about 1 hour in moderate oven. Do not add any water as there is enough moisture in the onions.

MRS. H. C. REYNOLDS, 352 Arnold St.

STUFFED ONIONS

These make a delicious and substantial dish for luncheon. Select large onions. Peel and sightly parboil then remove the heart of each onion and fill the vacancy with equal parts of moistened bread crumbs and chopped beef or chicken, season well and fill as full as possible. Arrange in a well buttered baking dish and pour stock over them. Cover the dish and bake in a moderate oven one hour. If you lack stock, place a piece of butter on top of each onion and baste frequently with hot water.

MRS. LOUISA NELSON, 43 Sherman St.

BAKED PARSNIPS

½ cup butter	5 medium-sizes parsnips
salt and pepper	

Peel and wash parsnips and cut into 2 parts, lengthwise, and steam for 1 hour; remove from fire, put in greased baking pan, sprinkle with salt and pepper; spread butter over top and bake slowly until tender. Serve hot. These are very nice.

FLORENCE STERNBERG, Dennisport, Mass.

BROWNED PARSNIPS

1 quart parsnips
1 teaspoon salt
2 tablespoons butter or bacon fat
1-8 teaspoon pepper

Wash, pare, and cut parsnips into ½ inch slices. Cover with boiling water and boil until tender; drain. Brown on greased griddle. Season with salt and pepper.

MRS. M. A. COOK, 161 Rounds Street.

BUTTERED PEAS

1 pint peas
2 tablespoons butter
¼ teaspoon salt
Speck of sugar

Put peas in boiling water. As soon as water boils again, add salt and boil until peas are tender. Drain, replace in saucepan with butter, but do not cook while the butter is melting. Add a speck of sugar, and when butter is melted, serve immediately in hot dish.

MRS. RUSSELL ELLIS, Dennis.

STUFFED PEPPERS

6 peppers
2 cups left-over meat, ham or roast beef
½ cup celery
2 or 1 large onion
salt and pepper to taste

Boil peppers 10 minutes; cut in halves; fill with the meat that has been ground with celery and onions and season to taste. Sprinkle with bread crumbs or cracker crumbs. Bake in hot oven 15 minutes. Very good served with Spanish Rice.

P. COSTA, Chef of Red Wing Diner.

PEPPERS WITH DEVILED CHEESE STUFFING

1 cup rice
3 medium-sized green peppers
1 (5¾ ounce) tin deviled ham
½ pound American cheese
3 cups milk
3 tablespoons butter
5 tablespoons flour
salt and pepper

Cook rice in boiling water until tender. Remove stems and seeds from peppers; split lengthwise and parboil for 5 minutes. Add the deviled ham and 1 cup of the grated cheese to the drained, cooked rice. Make a white sauce of the butter, flour, and milk and add 1 cup of this to the rice mixture. Season with salt, pepper and celery salt. Fill the halves of the peppers and sprinkle with crumbs or grated cheese. Bake in moderately hot oven for 30 minutes. Add the rest of the cheese to the white sauce; stir until cheese is melted. Season well and serve with the peppers. Serves 8.

MRS. FRANCES T. WILSON, 23 Sherman St.

CASSEROLE OF POTATOES, ONIONS AND CHEESE

raw potatoes
1 onion
¼ pound cheese
milk
pepper and salt
few raisins

Slice raw potatoes quite thin. Slice the onion. Cut up the cheese. Butter a dish and put in a layer of potatoes, then onion and cheese seasoning, and raisins. Nearly cover with milk and bake until well browned.

MRS. CHARLES O. MAYO, Monument Road, Orleans, Mass.

PIMIENTO POTATOES WITH EGGS

2 hard cooked eggs
1½ cups white sauce
1 tablespoon butter
2 cups potatoes
½ cup crumbs
¼ cup minced pimiento

Slice eggs. Arrange in baking dish alternating layers of cooked, diced potatoes and sliced eggs. Sprinkle each layer with pimiento. Add cream sauce, sprinkle the top with buttered crumbs and pimiento, and bake in moderate oven 20 minutes.

MRS. ROY TOURJU, North Dartmouth

ESCALLOPED POTATOES

Wash and pare as many potatoes as desired and slice thin. Cook in boiling water 10 minutes. Put into buttered baking dish, sprinkle with salt and pepper and add enough milk to cover partly. Add 1 tablespoon flour and a piece of butter. Cover with bread crumbs and bake in oven for 15 to 20 minutes.

CATHERINE LETENDRE, 385 Cottage St.

SCALLOPED POTATO AND CHEESE

1 quart of cooked sliced potatoes
2 cups of white sauce
1 cup cheese chopped fine
salt and pepper
½ sliced onion (small)
bread crumbs
2 pimientoes

Wash pare and cut potatoes into cubes. Cook in boiling salted water until soft. Drain, and put potatoes into greased baking dish. Add 1 cup cheese to white sauce, then, add 2 pimientoes, cut fine and sliced onion. Pour sauce over potato, and cover with buttered crumbs. Bake until crumbs are brown.

JOSEPHINE BELANGER, 82 Penniman St.

BAKED SWEET POTATO AND APPLE

1 cup brown sugar
1 tablespoon flour
butter size of an egg
1 cup boiling water

Mix above ingredients and cook until a thick syrup is made. Add 2 tablespoons jelly. Pour over one sliced boiled sweet potato and sliced apples arranged in casserole in layers. Use 1 large apple to 2 sweet potatoes.

MRS. JOSEPH WALSH, 266 Hawthorn Street.

CANDIED SWEET POTATOES

2 pounds sweet potatoes
melted butter
½ cup brown sugar
2 tablespoons butter

Boil in salted water sweet potatoes until tender; drain and scrape off skins; cut into slices and lay in shallow greased baking dish; brush with melted butter; sprinkle with ½ cup brown sugar; add 2 tablespoons of butter. Bake in hot oven until well browned.

MRS. CURTIS B. GOULD, Buzzards Bay.

CINNAMONED SWEET POTATOES

3 or 4 sweet potatoes
pinch of salt
sugar
cinnamon
small piece of butter

Cook sweet potatoes until tender. Peel and mash; add pinch of salt, then spread in a buttered pan. Sprinkle with a little sugar and cinnamon and small pieces of butter. Put in oven until brown.

MRS. H. P. DION, 807 Mt. Pleasant.

SWEET POTATO CROQUETTES

4 good sized potatoes
2 ounces of butter
½ teaspoon salt
1 egg
bread crumbs

Boil, peel, and mash potatoes. Add butter, then salt. Beat until smooth. Form into cylinder shaped croquettes. Dip in egg and then in bread crumbs. Fry in smoking hot fat.

MRS. WILTON HOPKINS, North Eastham

SWEET POTATO PIE

Slice sweet potatoes and simmer in deep pie pan. Sprinkle with salt. Add ginger and sugar and cover with pie crust.

MRS. KING, 397 Union Street

FRENCH FRIED SPINACH BALLS

2 cups cooked spinach, chopped
2 tablespoons fat
2 tablespoons grated onion
1 cup dry bread crumbs
2 tablespoons grated cheese
1 egg, beaten
⅛ teaspoon allspice
Egg and crumbs for dipping

Combine ingredients, and let stand 10 minutes to swell crumbs. Shape in balls. Mix second egg with ¼ cup water and beat slightly. Roll balls in crumbs, then in egg, and again in crumbs. Drop in deep, hot fat. When brown on both sides, drain on soft paper and serve as doughnuts.

MRS. LOUIS A. JETTE, 279 Shaw Street.

SPINACH AND POACHED EGGS

Thoroughly wash spinach and cut off stalks. Put in large saucepan with about a half a pint of water, or just enough to keep it from burning, and plenty of salt. Press frequently down in water with wooden spoon. Boil about 10 minutes; then drain; squeeze quite dry and chop finely. Put the spinach in a saucepan with 1 ounce of butter and a tablespoonful of cream. Keep stirring until thoroughly mixed and quite hot; then arrange on hot dish and lay poached eggs over it and garnish with fingers of toasted bread.

MRS. B. H. PETTY, 90 Middle St., Fairhaven, Mass.

TOMATO ASPIC

1 quart can of tomatoes
1 slice onion
2 bay leaves
juice of ½ lemon
1 teaspoon salt
½ teaspoon paprika
¾ box gelatin
meat of 1 chicken chopped

Strain tomatoes and put in a saucepan with the onion, bay leaves, salt, paprika and lemon. Let all come to the boiling point; then add the gelatin which has previously been soaked in cold water and strain again. Pour into molds and stand on ice for 4 or 5 hours. Serve with mayonnaise dressing, each mold on a lettuce leaf if desired.

MRS. CHARLES H. REED, 318 Hawthorn Street.

A VERY DELICIOUS WAY OF COOKING TOMATOES

Wipe tomatoes, cut them across and put in a pie dish. On each half piece, sprinkle pepper, salt, sugar, 2 or 3 drops of vinegar and a bit of butter. If the flavor of onions is liked sprinkle a pinch of chopped chives or onions. Cook in an oven 20 minutes or more according to size of tomatoes. Delicious with hot or cold meats.

LUIZ M. FERNANDEZ, Chef., 8 Blackburn St., Fairhaven, Mass.

SNAPPY TOMATOES

2 cups canned tomatoes
2 tablespoons finely chopped onion
4 tablespoons melted butter
1 egg, well beaten
½ cup cracker crumbs
1 teaspoon salt
½ cup finely cut cheese
A little paprika

Mix ingredients, pour into buttered baking dish and bake in moderate oven 25 minutes. Serve in dish in which it is baked.

MISS C. LAFFERTY, 21 Morton Court.

STEWED TOMATOES A LA SPANISH

1 green pepper
1 onion cut fine
1 tablespoon butter
2 tablespoons flour
1 quart pared tomatoes cut up small
1 tablespoon sugar
dash cayenne
salt and pepper

Cook pepper and onion in the butter; add the flour and seasoning, then the tomatoes. Cook until done. (Will take 30 minutes, stirring frequently). This is very nice to serve with meat or fish and is fine to use for macaroni or spaghetti.

MRS. JAMES BIBBY, Lunds Corner.

TOMATOES STUFFED WITH RICE

6 tomatoes
½ cup cooked rice
½ cup chopped green pepper
2 tablespoons grated cheese
1 teaspoon chopped onion
speck of salt
1 tablespoon butter

Remove a one inch piece from the stem end of tomato. Take out seeds; fill shells with ingredients. Place a small dot of butter on top of each. Put in small pan and bake 20 minutes in a moderate oven.

MRS. ANNIE P. PROTZ, 443 Coggeshall St.

STUFFED TURNIPS

1 quart of medium sized
turnips
salt
pepper
butter
yolk of 1 egg
white or 1 egg, beaten

Peel and boil in boiling water well salted, a quart of medium-sized turnips. As soon as they are tender, drain them. Cut a slice from the top of each; scoop out half the middle with a teaspoon. Mash the part taken out with salt and pepper, butter and the yolk of an egg and fill the turnips with the mixture. Put on each one the slice cut from the top. Brush them over with the beaten white of an egg. Set them in a baking dish and brown them in a hot oven. Serve hot.

MARY MELLO, 41 Winsor Street.

CALCUTTA RICE

2 cups rice
2 cups tomatoes
½ pound cheese
1 teaspoon salt

Peppers, celery or onions may be added. Boil rice. Mix it with tomatoes, seasonings and a little cream sauce. Pour into a baking dish; grate cheese on top and put on bits of butter. Bake ½ hour.

MRS. A. L. SHOCKLEY, 591 County Street

DELICIOUS SOUTHERN DISH

Peel and quarter sweet potatoes according to number to be served. Lightly sprinkle with brown sugar, speck of cinnamon, a very little salt, and hot water in bottom of dish to make steam. Put into earthen baking dish and bake covered half an hour. Then remove cover and brown.

MRS. KATHLEEN SPENCER, 14 Ball St.

FAMILY FAVORITE

Place slices of canned pineapple in greased pan and sprinkle lightly with brown sugar. On center of each slice place thick slice of cooked sweet potato wrapped around with fat bacon. A teaspoon of the pineapple juice over each one and bake or broil until bacon is brown and crisp.

MRS. ARTHUR W. FORBES, 3 Clinton Place.

PEANUT BUTTER LOAF

½ cup rice, cook in double boiler
1 cup peanut butter
1 egg, beaten
½ cup milk
salt and pepper to taste

Mix the ingredients, pour into baking dish, sprinkle with buttered crumbs and bake ½ hour in moderate oven. Serve with hot tomato sauce.

R. B. WING, 2 Wilson Street, South Dartmouth.

RISSOTTO ALLA PIEMONTESE

½ cup rice for each person
3 tablespoons oil
1 onion
1 garlic
salt
chilli pepper to taste

Chop onion fine and fry in the oil. Then add rice and stir until slightly browned. Add a little water, garlic, salt and chilli pepper. Cook slowly and keep adding water just to prevent burning. Tomato sauce and grated cheese may also be added. Serve hot.

MRS. EVELYN RAPOZA, Santa Cruz, California.

SPAGHETTI A L'ITALIENNE

1 cup hot water
1 can tomatoes
1 tablespoon flour
2 tablespoons chopped onion
1 teaspoon beef extract
2 tablespoons butter
2 tablespoons flour
8 peppercorns
1 teaspoon salt
bit of bay leaf
1 sprig of parsley

Cook tomatoes 20 minutes with onion, peppercorns, bay leaf, parsley and salt. Rub through strainer. Add the beef extract. Brown butter and add flour. When well blended add to the hot liquid and the sugar. Stir well; pour over spaghetti and serve with grated cheese.

The spaghetti should be cooked in long pieces rather than broken. Hold quantity to be cooked in the hand and dip ends in boiling salted water. As it softens it may be coiled in water. Cook spaghetti 30 minutes.

MRS. GRACE L. MACK, 184 Washington Street.

VEGETABLES AU GRATIN

Any kind of vegetables desired can be put in a casserole; pour over the following rarebit sauce and sprinkle some fine bread crumbs over the top, little paprika and butter.

Rarebit Sauce

Melt 2 tablespoonfuls of butter in saucepan. Chop ½ pound American cheese and mix with butter. When butter begins to melt, add ½ cup cream sauce, a pinch of dry mustard, few drops tabasco sauce, a teaspoonful of Worcestershire sauce. Beat it steady over slow fire until it begins to bubble and serve hot.

JOSEPH H. GONSALVES, Blue Moon Chef.

VEGETABLES IN CASSEROLE

6 potatoes
1 small turnip
1 cup canned peas
1 cup canned tomatoes
1 onion
¼ cup rice
1 teaspoon salt
⅛ teaspoon pepper
⅛ teaspoon allspice
4 cups brown stock

Wash, pare and thinly slice potatoes. Wash and pare turnip, cut into cubes. Peel and slice onion; wash rice. Put ingredients, except stock, in alternate layers in casserole. Pour over stock, cover and cook in a slow oven about 3 hours.

MRS. ETHEL de VICQ, Sagamore, Mass.

VEGETABLE PUDDING

1 cup chopped apples
1 cup chopped potato
1 cup sugar
1 cup currants
1 teaspoon soda
1 teaspoon cassia
1 cup chopped carrot
1 cup chopped suet
1 cup raisins
1 cup flour
1 teaspoon clove
1 teaspoon nutmeg
1 teaspoon salt

Steam 3 hours. Serve with hard sauce or whipped cream. No moistening is needed as the vegetables will make it sufficiently so.

MRS. MAY MORRILL, Wellfleet.

Chapter XII

SANDWICHES

"What infinite mysteries are concealed under the plainest covers."
—*Anon.*

Ever since that far distant day when man first looked upon a world of mysteries, it has been his problem and his secret delight to probe that which seemed unfathomable and to make a discovery. He has even gone so far as to create mysteries, knowing that to someone would fall the task of unraveling them and the joy of discovery. In food, as in everything else with which man has come in contact, the element of surprise is both pleasant and stimulating.

What, then, could be more pleasant than a new kind of sandwich? In the 200 odd years of its existence, it has appeared in many forms and its exceptional versatility promises its appearance in countless others.

The sandwich need no longer be the unpretentious bread-and-meat affair that it was when its originator, the Fourth Earl of Sandwich, first ordered that such a concoction be brought to his gaming table so that he might eat and pursue his gambling simultaneously. It need not even be made of the ordinary ingredients that one expects to find between two slices of bread.

With the appearance of the first portable meal, cooks bent their originality to the manufacture of many different kinds of fillers. They have also devised many a new manner of serving sandwiches. For the men, who, like the earl, want to do things at once, sturdy, nourishing, man-sized sandwiches have been prepared. For the women, on the other hand, who enjoy nibbling daintily at choice morsels at bridge parties and formal teas, fantastic trifles of every conceivable design have been executed by experts in the culinary craft.

Whether it be a fashionable tea time delicacy, an after school snack for hungry youngsters, or a more substantial luncheon for a man with work to do, the sandwich can be made something to be looked forward to eagerly. Surprise fillings are seldom disappointing and they provide the variety necessary in a food that finds itself on the menu as often as does the sandwich.

SANDWICHES A LA MARYLAND

2 sweet gherkins
¼ pound can crab meat
2 tablespoons salad oil
1 tablespoon tarrogon vinegar
2 hard cooked eggs
2 pimientoes

Chop the gherkins fine, add to the crab meat the oil and tarragon vinegar then season to taste with salt and pepper. Spread the mixture on buttered rounds of bread. Put in the center a slice of hard boiled egg and shreds of pimiento. Cover with another round of bread and press together.

MRS. W. J. FRAWLEY, 190 Merrimac Street.

BANANA SANDWICH

1 large banana, mashed	2 tablespoons cocoa

Mix banana and cocoa and spread between bread, 1 slice buttered and the other spread thinly with mayonnaise.

MRS. GRACE M. ANDREWS, 187 Thompson Street

BOHEMIAN SANDWICHES

Chop shrimps very fine and mix them to a paste with melted butter. Season with lemon juice, Worcestershire, salt and pepper. Spread between thin slices of toast.

MRS. HAZEL JACKSON, 467 Allen Street

BOSTON SANDWICHES

slices of thinly cut brown bread	½ cup peanuts
2 rolls Neufchatel cheese	1 teaspoon lemon juice
6 stoned olives	2 tablespoons of cream
	salt and pepper to taste

Mash the cheese smoothly, add the olives chopped small, the peanuts passed through a meat chopper (peanut butter may be substituted) the lemon juice, cream and seasoning. Spread thickly on the brown bread and press two slices together.

MRS. CLAUDIA L. HEVEY, 809 County Street.

BRIDGE SANDWICH

Press together two very fresh macaroons with a liberal layer of cream cheese between. Very nice with tea.

MRS KATHERINE SHERMAN, 68 Elm Avenue, Fairhaven.

CANTON GINGER SANDWICHES

Prepare bread as for any sandwich and lay thin slices of Canton Ginger on bread. These are especially delicious if the slices are very thin.

ESSIE M. SYLVIA, 69 Mill Street.

CHECKERBOARD SANDWICH

Cut slices of white and graham bread ½ inch thick. Make 2 butter sandwiches of 2 layers each using a slice of dark bread and a slice of white bread. Make a similar sandwich reversing the colors. Cut each sandwich in strips ½ inch wide. Place together alternating 3 strips, 1 from each of the sandwiches so a square of graham bread is opposite a square of white bread, having buttered the strips before putting them together. Place under a weight until the butter is firm. Beginning at the end cut the strips into slices.

MRS. J. A. BALTHAZAR, 183 Ashley Blvd.

CHEESE, HONEY AND NUT SANDWICH

1 cream cheese
½ cup honey
½ cup finely ground pecan or walnut meats

Combine ingredients and spread between slices of buttered white bread.

SAIDIE VIOLA HAYDEN, City Infirmary.

CHEESE AND ORANGE SANDWICH

1 cup orange marmalade
½ cup cream cheese

Soften the cheese by working it with a fork, possibly adding a little cream, then work the orange marmalade into this. Spread on the bread.

MRS. CHRISTOPHER MULROY, 564 So. Second Street

CHILDREN'S DELIGHT SANDWICH

½ pint cream
1 loaf fresh bread
1 bottle cherries

Remove crust from whole loaf of bread. Cut lengthwise quite thin. Fold to form a cone, then fill with the cream which has been whipped placing a cherry on top.

MRS. W. C. MARTIN, 208 Mt. Pleasant Street

CHIPPED BEEF SANDWICH

Butter slice of bread. Put a slice of chipped beef on it and a thin slice of onion on beef. Put a little salad dressing on onion and another slice of bread over all. Bread may be cut in any shape liked.

MRS. W. S. PERRY, East Wareham

COCOANUT NECTAR SANDWICH

Spread orange marmalade on thin slices of buttered nut bread. Sprinkle with moist, grated cocoanut. Cover with the nut bread cut in squares and garnish wth candied orange peel. Something new, yet very good.

V. A. WORSWICK, 1610 Purchase Street.

CREAM CHEESE AND PEANUT SANDWICHES

Mix one cream cheese with one-third cup chopped peanuts and moisten with one tablespoon cream. Spread on thin slices buttered whole wheat or white bread, with or without crusts removed and wrap in waxed paper until used.

MRS. HELEN D. IRVINE, 468 Hillman Street.

CREAM CHEESE AND PINEAPPLE SANDWICHES

½ cup cream cheese
½ cup chopped walnuts
½ cup crushed pineapple
butter
brown bread

Work the cream cheese with a fork until it is soft. Then add the chopped walnuts and shredded pineapple. Mix thoroughly. Meantime cut thin slices of brown bread and butter half the slices. Spread the remaining slices with cream cheese mixture and form sandwiches.

MARION CORREIA, Hudson Street.

DREAM TOAST SANDWICH

4 pieces bread of any kind, slice thinly as possible. Snappy cheese and cover one side of bread. Sprinkle with paprika. Press together like a sandwich. Fry to a golden brown in hot butter, turning from side to side. Serve at once.

FLORENCE A. KNAPP, 354 Clinton Street.

EGG SALAD SANDWICH

Allow 1 hard boiled egg for each 2 sandwches. Chop and season, adding a little lettuce and celery. Stir in 1 tablespoon salad dressing for each sandwich. Spread on crisp lettuce leaf between bread.

MRS. A. ROSE, 8 Hicks Street, rear.

EGG AND OLIVE SANDWICHES

Chop 2 hard boiled eggs fine, add 12 stuffed olives which have been minced. Season and moisten to a paste with mayonnaise. Spread between buttered slices of bread.

MRS. VIRGINIA PERRY, 78 Dunbar Street.

FIG SANDWICHES, ROLLED

Bread for rolled sandwiches should be very fresh. A few hours before cutting wrap the loaf in a napkin wrung out of hot water and outside of that a heavy dry towel. Cut in thinnest slices possible using a sharp knife, butter lightly. Make a filling of the soft portion of a dozen figs, rubbed to a paste. Spread and roll as for a jelly roll cake. Hold in place by toothpick at each end which should be removed just before serving, if desired, tie with baby ribbon.

MRS. A. S. RAMSDEN, 46 Atlantic Street.

GERMAN SANDWICHES

Use Zweiback. Spread slices thinly cut with jelly or marmalade and sprinkle with finely cut English walnut meats. Cover with thinly cut slices and remove crusts.

MRS. ESTELLA F. WEBSTER, 219 Irvington Street.

GRAPENUT LUNCH SANDWICHES

1 cup grapenuts
6 hard cooked eggs cut fine
2 tablespoons finely chopped sweet pickles
1 tablespoon chopped onion
2 tablespoons chopped celery
2 tablespoons Chili sauce
1½ teaspoons salt
¼ teaspoon paprika
¾ cup thick mayonnaise

Mix the ingredients until they are well blended. Use a silver knife and spread on buttered slices of graham bread. This recipe makes filling for 18 sandwiches.

MRS. M. D. FOURNIER, 333 Wood Street.

HAM, CHEESE, PICKLE AND NUT SANDWICH

½ pound boiled ham (ground)
¼ pound cheese (mild)
2 sour pickles
12 chopped walnuts

Mix well together. Moisten with mayonnaise dressing and spread between buttered slices of bread.

MRS. HAZEL ALVES, 174 Thompson Street.

HOT HASHED ROAST BEEF SANDWICH

Chop meat fine, add gravy, also a few shreds of onion or green pepper. Heat to boiling point over hot water, then add a very little Worcestershire sauce or tomato catsup. Place generously between slices of buttered whole-wheat or white bread or toast. Serve on warm plates with spicy pickles.

MRS. BETTY L. CAMPBELL, Brewster.

JARDINIERE SANDWICH

Cut cylinders of fine, smooth textured bread 1 inch and ½ high by 1 inch and ¼ across. With a keen edged small knife hollow out the inside to resemble a tiny jardiniere. Fill with cream cheese combined with grated pineapple or ground up dates also nuts blended with whipped cream dressing. Other fillings moist and smooth are also good. A sprig of parsley should be inserted at the top to represent a growing plant.

MRS. JOSEPH BELANGER, 199 Hersom Street.

JELLY ROLL SANDWICHES

Use a fresh sandwich loaf, remove crust on all sides. Cut slices ½ inch thick lengthwise of loaf. Spread with jelly, roll like jelly roll and fasten with toothpicks. Let stand in ice box half hour, then cut for serving.

DORINA THIVIERGE, 52 Ashley Street.

LIME AND FIG SANDWICHES

3 pickled limes
1 pound figs
1 cup walnut meats

Let nuts stand in boiling water 2 minutes. Grind all together and spread on bread.

MRS. FRANCES WILSON, 23 Sherman Street.

MAPLE SANDWICHES

1 cup maple sugar
1 cup chopped, blanched almonds
graham bread or sponge cake
2 tablespoons cream

Crush or chop the maple sugar, add nuts and cream to it and spread on buttered graham bread or on thin slices of sponge cake. Cover with another slice and cut into any desired shape.

MRS. LEO TICHON, 92 Irvington Street.

MINCED HAM SANDWICH (French Style)

Minced cooked ham
1 beaten egg
2 slices buttered bread

Brush buttered bread very lightly with prepared mustard. Spread with minced ham and cover with second slice. Dip in beaten egg. Fry a golden brown in butter. Garnish with lettuce, deviled egg and pickles.

MRS. ETHEL CARREIRO, 344 Cedar Street.

NUT BREAD SANDWICH

Mix cream cheese with enough strawberry jelly to make a soft paste, not too soft to run.

Cut 2 slices of nut bread and butter each.

Cover one slice with the cheese mixture.

Place second slice of bread over all.

MRS. MARTHA NOYES, 1 Seventh Street.

NUT GINGER SANDWICHES

Take 3 long, thin slices of bread buttered. Between first and second place a layer of chopped preserved ginger, mixed with cream and between the second and third slices place a layer of chopped English Walnuts. Cut into small individuals and tie each sandwich neatly with baby ribbon.

MISS MARJORIE CLIFFORD, No. Dartmouth.

OLIVE CLUB SANDWICHES

Toast medium thick slices of bread. Butter and spread with mayonnaise. On half the slices place hearts of lettuce leaves and sliced stuffed olives. On the other half place strips of crisply browned bacon. Put together and serve.

ANNIE L. CHASE, West Harwich.

GRANDADDY MARSHAL'S ONION SANDWICH

bread
butter
bermuda onion
salt
about 6 drops tabasco sauce
few drops of Al sauce
light sprinkling of paprika
and celery salt and curry
black pepper

With a sharp knife cut bread about ¼ inch thick. Cut away the crusts. Spread the bread with soft butter. Cut the onion into thin slices and fairly cover every part of bread. Put the rest of the ingredients on the onion and add top slice of bread.

Eat this sandwich with a glass of half milk and cream. Guaranteed to be a sleep producer.

WALTER H. MARSHALL, Sec. to Col. E. H. R. Green,
Round Hill, South Dartmouth.

OPEN SANDWICH

Butter slices of whole wheat bread. Place on the bread slices of fresh tomatoes, then a little cheese and slices of bacon. Toast under the broiler until the bacon is cooked.

MRS. WILLIAM PARKER, Center Street, Fairhaven, Mass.

OPEN BACON SANDWICH

Cut slices white bread ¼ inch thick. Remove outer crust; butter slices well; cover with thin slice of loaf cheese. Sprinkle with salt and pepper and then put on two slices lean bacon. Broil under gas flame until bacon is cooked (about 4 minutes) and serve hot.

MRS. J. N. FAHEY, 484 Linden Street, Fal River, Mass.

OPEN WALDORF SANDWICH

1 cup tart apples (chopped fine)
½ cup celery (chopped fine)
½ cup chopped walnuts
½ cup dates, chopped
mayonnaise

Mix all ingredients and spread on lettuce leaf. Place on a thin slice of whole wheat bread. Garnish with mayonnaise and a Maraschino cherry.

MRS. LOUIS A. JETTE, 279 Shaw Street.

HOT OPEN OYSTER SANDWICHES

Scald 1 cup cream (½ pint). Add 2 tablespoons finely grated bread crumbs, 1 tablespoon butter, ⅛ teaspoon paprika, nutmeg and salt to season. Wash, drain and chop finely 2 dozen nice oysters. Add to first mixture and stir until heated, but do not boil. Add ½ teaspoon chopped parsely, and spread rounds of hot buttered toast with mixture. Garnish with celery hearts and olives.

MRS. B. A. LUCE, New Jersey.

OYSTER CLUB SANDWICH

Drain oysters, dip in melted butter and fine cracker crumbs. Broil until ends of oysters curl. Lay oysters on toast, cover with lettuce dipped in tartar sauce, add 2 slices bacon and another piece of toast.

DOROTHY LINCOLN, 223 Hawthorn Street.

PEANUT CHEESE SALAD SANDWICHES

For each person toast 2 slices of bread; spread thickly with equal parts of butter, cream cheese, and peanut butter mixed. Put together with a filling of chopped raw or drained cooked vegetables blended with mayonnaise and a little Chili sauce. Serve with a garnish of lettuce.

MRS. ALBERT H. TWITE, Oak Bluffs, Mass.

PINEAPPLE ICE CREAM SANDWICH

6 slices vanilla ice cream
12 slices plain cake
1½ cups crushed pineapple
½ cup sifted powdered sugar
6 cherries

Make ice cream sandwiches by arranging a slice of vanilla ice cream between 2 slices of plain cake. Put them on individual dessert plates. Thoroughly drain the pineapple add the powdered sugar and put over the sandwiches. Top with cherry and serve immediately.

MRS. B. FAHEY, 285 Hamlet Street, Fall River, Mass.

RAISIN, CHEESE AND NUT SANDWICHES

1 cream cheese
½ cup finely chopped raisins
¼ cup finely chopped nuts
cream or salad dressing

Slices of graham or whole wheat bread. Soften cheese with the cream or salad dressing. Add raisins and nuts. Spread between the buttered slices of bread.

MRS. LEDA BOURBEAU, 436 Cedar Grove Street.

RAREBIT SANDWICHES

1 tablespoon butter
1 cup American cheese finely cut
Chutney sauce
½ teaspoon salt
dash paprika
1 teaspoon dry mustard

Melt butter and cheese, add mustard, salt and paprika. When smooth put 2 tablespoons on a buttered slice of bread. Spread with Chutney sauce and cover with another slice. Press slices together tightly and dip in batter made from 1 beaten egg and 1 cup of milk. Saute in butter and serve hot with ginger ale.

MRS. RICHARD MARGESON, 635 County Street.

RIBBON SANDWICHES

white bread	hard boiled egg
brown bread	cream cheese
butter	salad dressing

Spread a buttered slice of white bread with yolk of hard boiled eggs, rubbed to a paste with salad dressing. Place on top of this a slice of brown bread spread with white cream cheese; add another slice of white bread; spread as before and an unspread slice of brown bread. Wrap in oil paper and keep cool. Just before serving slice alternately brown and white layers. Remove crust from bread.

MRS. C. B. CHASE, Bass River.

RUSSIAN SANDWICH

Beginning at top of this sandwich, which is built up in tower form, one really partakes of a miniature full course dinner, from fruit cocktail to dessert.

Cut 6 thin round slices of bread diminishing in size from 4 inches across to 1½ inches. The largest slice is of course used as bottom layer and is spread with jam. On top of jam place next smaller piece of bread, spread with cream cheese. Next comes a buttered slice, adding bacon or chicken with lettuce and mayonnaise. The fourth piece of bread has a slice of tomato, and the fifth a slice of cucumber, each buttered and having lettuce and dressing. The 1½ inch round, not buttered, forms top layer; add to it a tiny piece of fruit and top with a stuffed olive. The layers are held together by toothpicks. Place finished sandwich on lettuce leaf.

MRS. ARTHUR N. HARRIMAN, 126 Clara Street.

A SANDWICH MEN LIKE — (Serves Six)

6 slices white bread	6 fried eggs
6 slices boiled ham	6 slices American sandwich cheese
watercress	

paprika

Toast and butter the bread. On each slice put 1 fried egg, 1 slice of ham and then 1 slice of cheese. Dust with paprika and place under a broiler to melt, but not brown, the cheese. Garnish with watercress.

MRS. ANNA TRUDEAU, 191 Earle Sreet

SPINACH SANDWICH

Drain and chop 1¼ cups spinach. To this add ¼ cup boned mashed sardines, or anchovy paste, 1 tablespoon lemon juice and ¼ teaspoon salt. Spread between slices of buttered bread. (A moist sandwich for the lunch box.)

MRS. ANGELINA KARCHER, 56 Nye Street

STRAWBERRY AND CREAM CHEESE SANDWICHES

Slice as many slices of bread as are needed. Trim crusts. Spread butter and then strawberry jam or fresh strawberries that have been mashed on one side of bread and cream cheese on the other side. Close together and cut in any desired shape.

MRS. ERNESTINE DIRKSEN, No. Dartmouth.

STUFFED CELERY SANDWICH

1 cream cheese
1 tablespoon chopped stuffed olives
¼ teaspoon salt
2 tablespoons finely chopped celery
⅛ teaspoon paprika
little milk

Mix cheese with celery, olives and seasonings, adding enough milk to make it of right consistency to spread. Cut bread in quarter-inch slices, spread with creamed butter and sandwich filling. Cover with another slice of bread.

MRS. CAROLINE STANDER, 723 Allen Street.

TART JELLY AND COTTAGE CHEESE SANDWICHES

Spread one slice of bread with a very tart jelly and the other with a cottage cheese and mayonnaise mixture — not too moist. Place slices together, with or without chopped nuts between.

MRS. MATILDA POIRIER, 37 Bullard Street.

WAFFLE AND CHICKEN SANDWICH

Place a section of waffle on a serving plate, cover with slices of hot chicken, sprinkle with a little celery, spread mayonnaise and cover with a lettuce leaf and a waffle section. Serve hot with chicken gravy. Delicious.

MRS. NELLIE DUFRANE, 280 Ash Street.

WONDER CLUB SANDWICH

3 slices of bread ½ inch (toasted)	sliced firm tomatoes previously skinned
sliced cooked chicken (cold)	sliced cooked ham (boiled) quickly and added hot
mayonnaise	crisp, dry lettuce

Have all the ingredients together. Slice chicken. Place ham in boiler and bread in the toaster. On the first slice of the buttered toast place lettuce, sliced tomatoes and mayonnaise. Cover with the second piece of toast, and put on it slices of chicken and on top of that the piping-hot boiled ham. Cap with the third slice of hot buttered toast. Cut from corner to corner and serve. You may prefer to use broiled bacon instead of ham, but which ever you use have it freshly cooked and very hot. Make the toast at the last possible moment. The success of combining the ingredients depends upon speed. The object being to serve a **hot,** full-flavored, complete meal sandwich.

MISS SALLY CLINTON, Dietician Continental Baking Company
of New Bedford.

YUM YUM SANDWICHES

Make a filling of 1 cream cheese or an equal quantity of cottage cheese, 2 cups minced ham and 1 small bunch of watercress. Chop in ham if desired. Add mayonnaise or French dressing to moisten and spread between thin unbuttered slices of white, rye or whole wheat bread.

MRS. NORTON, 90 Park Street

APPLE SANDWICH FILLING

1 ripe apple
1 stalk celery
½ green pepper

Chop together and moisten with mayonnaise. Use with white or graham bread.

MRS. STEPHEN HAYES, Buzzards Bay.

DELICIOUS SANDWICH FILLING

¼ pound cream cheese	½ cup chopped olives
½ cup chopped walnuts	1 teaspoon raspberry jam

Mix all ingredients thoroughly and serve between thin slices of brown bread.

MISS STELLA WILLIS, 60 Carroll Street.

FRUIT SANDWICH FILLING

½ cup dates	½ cup raisins
½ cup figs	1 orange

Wash the dates, figs and raisins and remove stones from dates. Cook or steam until fruit is soft, wash thoroughly and add the juice and grated rind of the orange. Cooked prunes may be substituted in above sandwich filling in place of raisins.

MRS. ELSBETH C. LONGDEN, 184 Washington Street.

MOCK CHICKEN FILLING

1 cup walnuts, chopped fine	3 hard boiled eggs
½ cup finely chopped cabbage	

Blend all together with salad dressing until smooth and creamy. Lay a lettuce leaf on slice of bread, spread thickly with mixture, add slice on top. Cut in 3 pieces and arrange on sandwich platter.

MRS. T. J. WINSLADE, 10 Emery Street.

SANDWICH FILLING

1 tablespoon butter	1 cream cheese
1 tablespoon cream	6 stuffed chopped olives

For brown or white bread. Cream butter; add cream cheese; add stuffed chopped olives and 1 tablespoon cream. Mix well and add Thousand Island Dessert if change is desired.

MRS. C. E. P. THOMPSON, 65 Center Street, Fairhaven.

Chapter XIII

SALADS

It was back in the early 18th century that Isaac Watts said, "Leaves eaten raw are termed salad." Watts did not lack imagination when he painted such an untempting picture of salad; He was a scientist and all scientists have some imagination. The explanation lies rather in the fact that in his day, the salad was deemed neither necessary nor particularly appetizing. Since that time, culinary ingenuity, especially that of the French people, has turned salad into something infinitely more complex and interesting than mere "leaves eaten raw."

It has changed the salad from a luxury or just another course on the menu into an attractive and healthful food with a definite and necessary place on the daily diet. Furthermore, it has proved an economic measure, for small quantities of fruits and vegetables, meat and fish, not suitable for use in any other form can deftly be transformed into the most intriguing salad dishes, thus making waste both unnecessary and inexcusable.

Perhaps the most important thing about the salad is the fact that it adds such essential substances as mineral salts, vitamines, and cellulose to the American diet, which is all too often lacking in these requisites to health. Science has shown that the salad habit is foremost among health habits. Children should early be encouraged to acquire a taste for salads.

Among its other virtues, salad is a most adaptable sort of food. As an in-between-dish, a whole meal in itself, or as a dessert, it fits easily into the menu and proves a never-ending joy to the planner of meals. In the following pages, the reader will, we hope, find many suggestions which will assist her in planning her daily meals as well as those more formal occasions such as bridge parties and dances when the matter of the salad may be responsible for the success or failure of the affair.

To make a delightful salad is to combine harmoniously the chilled ingredients (enhanced by a suitable dressing) into an artistic whole. The following cautions therefore become most important:

1. Cut, arrange, and combine attractive foods neatly:
2. Thoroughly chill all of the ingredients;
3. Blend only harmonious flavors and colors;
4. Drain all fruits, lettuce, and vegetables well and whip any cream that may be added to avoid wetness in the product. A good salad is crisp and moist but never sloppy and wet.

SALAD A LA AMERICAN

1 pint of cold boiled diced potatoes
6 hard boiled eggs
chopped onions and parsley
1½ cups of shrimp (cut up)
mayonnaise

Mix ingredients together and serve on lettuce leaves.

MRS. A. EDITH BARROWS, Anchorage by the Sea.

AMBER SALAD—(Serves 8)

2 cans grapefruit
1 envelope gelatin

Heat juice of grapefruit, add gelatin dissolved in a little cold water and then fruit. Pour into ring mold. Serve on lettuce leaves with cavity filled with following dressing:

½ cup salad dressing
½ cup banana crushed through a sieve
½ cup whipped cream
½ cup marshmallow cut in small pieces

MRS. EDSON COWEN, 28 Middle Street, Fairhaven.
President Community Nursing Association of Fairhaven.

AMERICAN BEAUTY SALAD

6 medium sized beets
½ pound cottage cheese
2 tablespoons cream
salt
⅛ teaspoon white pepper
¼ teaspoon paprika

Wash beets and cook in boiling water until tender. Remove skins and chill. Scoop out centers. Season the cheese with the pepper, paprika, and salt. Moisten with the cream. Fill the beets with the mixture. Garnish with bits of beet taken from center. Serve on beds of lettuce with mayonnaise.

MRS. MAX COPELAND, 516 Rockdale Avenue.

ASPARAGUS SALAD

Arrange six asparagus tips on white lettuce leaves. Around the middle of each arrange a ring, each of red sweet pepper, cooked, or canned pimiento, and the white of hard-boiled egg. Rice yolks of eggs in a border around edge of platter on the outside of lettuce, and pass mayonnaise or French dressing with the salad.

MRS. R. E. PACKARD, 70 Elm St., So. Dartmouth.

BANANA CANOES

Wash and wipe dry 4 nice bananas. With a sharp knife cut a section of skin from the concave cure of the bananas and carefully remove the fruit. Cut the fruit in pieces. Separate orange sections of 2 oranges, cut up 2 slices of canned pineapples. Mix the orange and pineapple and an equal quantity of banana pulp. Fill the canoe with the fruit, cover with honey dressing and serve on a bed of shredded lettuce. Garnish with cherries.

Honey Dressing—

2 egg yolks
½ cup strained honey
⅓ cup vinegar
pinch of salt
whites of 2 eggs

Mix and cook in double boiler. Fold in beaten whites last.

MRS. FRANCES T. WILSON, 23 Sherman Street.

BANANA AND NUT SALAD

3 bananas
½ cup nuts
½ cup mayonnaise or boiled dressing
6 leaves lettuce

Peel bananas and cut in two lengthwise. Roll in nut meats. Place on lettuce leaf and garnish with dressing. Equal part of dressing and whipped cream may be used.

MRS. ALICE M. ROBBINS, Wareham Road, Marion.

CARROT BOAT SALAD

8 large carrots
1½ cups shredded cabbage
¾ cup crushed pineapple
½ cup blanched almonds

Boil carrots until tender and scoop out centers. Then fill with mixture made of cabbage, pineapple and almonds. Arrange on a bed of lettuce leaves and garnish with cream dressing.

MRS. JOSEPH LAURANS, 119 Plymouth Street,
President Senior Hadassah Jewish Society.

CHERRY AND CHEESE SALAD

Cut green peppers in halves and remove seeds and membranes. Mash a cream cheese and add ½ cup of drained and stoned canned cherries, finely chopped, sufficient cherry syrup to slightly moisten the cheese and 2 tablespoons of chopped nut meats. Pack mixture into the halved peppers, chill on the ice and with a sharp knife cut in thin slices. Serve as a portion 2 slices on a lettuce leaf. Add French dressing.

MRS. A. P. CUNNINGHAM, 126 Rotch Street.

CHICKEN SALAD

1 cold cooked fowl
2 cups celery
4 tablespoons oil
2 tablespoons vinegar
mayonnaise dressing
lettuce
hard boiled eggs
olives
salt and pepper to taste

After removing all skin and gristle, cut the fowl into pieces and mix it with the celery; add salt and pepper and marinate 1 hour before using with the oil and vinegar. Mix with mayonnaise dressing and garnish with lettuce, hard boiled eggs and stoned olives or strips of red pepper.

SAMUEL ROSA, Chef of Plaza Lunch.

JELLIED CHICKEN SALAD

3 cups diced chicken, cooked
1½ cup chicken broth, seasoned
1 tablespoon gelatin
2 tablespoons cold water
1 teaspoon lemon juice
¼ teaspoon salt
½ cup peas
mayonnaise

Combine the seasonings with broth, heat it, add the gelatin and chicken. Put in small mold, rubbed with olive oil. Serve with mayonnaise on lettuce leaves.

MRS. J. E. PERRY, 462 Clinton Street

MOTHERS' CHICKEN SALAD WITH PINEAPPLE

Cut cold cooked chicken in small pieces, cutting the dark meat finer than the white. To 2 cups of chicken, add 1 cup finely chopped celery and 1 chopped green pepper. Mix well in French dressing and drain. Mix with mayonnaise. Serve on lettuce with mayonnaise dressing in which a mashed pimiento has been mixed, arranging the salad between fingers of pineapple which have been marinated in a fruit juice dressing. Serve with cheese sandwich.

MRS. ARTHUR FRATES, 82 Francis Street, Fairhaven.

CHICKEN AND VEGETABLE SALAD

2 cups cold chicken, diced
½ cup cooked carrots, diced
½ cup cooked peas
1 teaspoon paprika
½ cup cooked string beans, cut in pieces
½ cup cooked beets, diced
1 teaspoon salt
1 tablespoon chopped parsley

Mix the chicken and vegetables and add salt, paprika, and parsley. Marinate in french dressing and let stand in ice box until thoroughly chilled. Arrange in nests of lettuce leaves and top with mayonnaise dressing. Garnish with beets cut in fancy shapes and asparagus tips.

BLANCHE MEUNIER, 154 Tallman Street.

CHIFFONADE SALAD

sliced beets	mayonnaise
sliced cucumbers	lettuce leaves
sliced tomatoes	hard boiled eggs

pickles

Mix beets, cucumbers and tomatoes with mayonnaise. Arrange on lettuce leaves, garnish with hard boiled eggs and more mayonnaise. Serve with pickles.

MRS. FLORENCE STETSON, 408 Mill Street.

COMBINATION SALAD

On a nest of lettuce arrange 1 hard boiled egg quartered, pimiento cup stuffed with peas, a few asparagus tips, slice of green sweet pepper stuffed with cream cheese. Cover with mayonnaise dressing and garnish with several green olives.

MRS. BARNEY PAPKIN, 55 Palmer Street.

COMPANY SALAD

3 hard cooked eggs	1 can red salmon
1 head lettuce	1 cucumber
2 pounds tomatoes	1 bunch radishes
2 lemons	1 can peas

1 package gelatin

Make lemon jelly as follows: Soak gelatin in ½ cup water 5 minutes (1 envelope makes a quart of water) 2½ cups boiling water, 2 tablespoons sugar and strained juice of 2 lemons making 3 cups of liquid not a quart as jelly must be stiff. Let cool until thick, not stiff. Shell eggs, slice in neat slices using a glass bread pan. Put eggs in bottom, cover with jelly, set on ice. Open peas and salmon, then eggs and jelly. Use all salmon, another layer of jelly, then peas, having a layer of jelly on top. Put lettuce around platter then tomatoes and cucumbers. Garnish with radish. Serve with mayonnaise separately. Turn mold in center, serves 6. Make the mold the day before and keep on ice until ready to use.

MRS. FLORENCE BROWNELL, 286 Mill Street

CHRYSANTHEMUM SALAD

Peel orange ¼ way down. Remove orange whole from outside cover with teaspoon. Take scissors and shred peel ½ way down to look like chrysanthemums. Cut up orange in lengthwise pieces, also cut pears and grapefruit lengthwise. Stuff peel with these different cut up fruits. Mix with mayonnaise on top. Garnish with a cherry and serve on leaves of chrysanthemums.

MISS BETTY PRATT, Orchard Street.

CRAB MEAT SALAD

1 small can crab meat
1 medium tart apple
4 walnut meats

Chop apple and walnuts and add to crab meat. Let stand 1 hour before serving. Add mayonnaise and sprinkle with paprika.

MRS. WILFRED ROGERS, ℅ Chequesset Grange, Wellfleet.

CRANBERRY, CHEESE AND PEAR SALAD

For this salad use either whole fresh or whole canned pears. Blend cranberry jelly with cream cheese until it is of the consistency of paste. Core the pears, peeling first if you are using fresh pears. Place the cranberry cheese mixture in a pastry tube and squeeze it into the center of each pear. Serve with a dressing made by adding cranberry sauce and cream to mayonnaise.

MRS. F. DESJARDINS, 114 Rodney French Blvd.

CRANBERRY, PRUNE AND MARSHMALLOW SALAD

Cook large prunes until tender but firm. Remove the stones. When the prunes are cold, fill their centers with a soft cranberry jelly. Sprinkle minced nuts over this. Place the stuffed prunes upon a bed of crisp lettuce and for every prune serve a whole marshmallow that has been cut up into small pieces. Serve with mayonnaise dressing to which a little cream has been added.

MRS. ANNA TRUDEAU, 191 Earle Street.

CUCUMBER SALAD

12 large cucumbers
6 small onions, thinly sliced
½ cup white mustard seed
½ cup black mustard seed
½ teaspoon powdered alum
1 tablespoon powdered horseradish
3 small red peppers
1 tablespoon celery seed
1 cup olive oil

Pare and slice cucumbers. Soak in strong salt water over night. Drain and lay them in a stone pot, alternately with the thinly sliced onions, red peppers and the above seed mixture. Cover with vinegar and lastly add 1 cup of olive oil. Let this mixture remain 3 weeks before using.

MRS. BERTHA JONES, 173 Emerson Street.

EXQUISITE SALAD — (Serves 8)

1 tablespoon gelatine
¾ cup crushed pineapple
¾ cup sliced peaches
½ cup shredded cocoanut
2 bananas
¾ cup bottled carbonated beverage of orange, lemon or grape flavor
¼ cup maraschino cherries
¼ cup powdered sugar

Soak gelatine in ¼ cup cold water and dissolve over hot water. Cool and add beverage, stirring slowly. Add fruits cut into pieces or slices. When mixture begins to set, stir unless you prefer to have fruit in layers. Serve on lettuce with mayonnaise.

MRS. MORTENSER, 2310 Acushnet Avenue.

EGG SALAD

Line salad bowl with lettuce. Separate 6 hard boiled eggs. Slice whites fine and put on lettuce leaves. Put yolks in potato ricer or through wire strainer and add lightly. Pour on dressing and garnish around edge with chopped beets.

MRS. H. B. DUTTON, 140 Chestnut Street, Fairhaven.

FIG PINEAPPLE SALAD

4 slices pineapple
8 pieces lettuce
4 preserved or canned figs
½ teaspoon salt
½ teaspoon sugar
¼ teaspoon paprika
¼ teaspoon dry mustard
3 tablespoons vinegar
4 tablespoons salad oil

Mix the salt, sugar, paprika, mustard, vinegar and oil. Beat for 1 minute. Arrange the pineapple slices in the lettuce and top with the figs. Pour the chilled dressing on top. Serve at once.

IRENE SYLVIA, 205 Sycamore Street

FROZEN PINEAPPLE SALAD

1 can crushed pineapple
½ cup chopped Pecans
¾ cup mayonnaise
2 cups stoned white cherries
1 cup cream

Drain the fruits and add to the cream which has been whipped and blended with the mayonnaise. Stir in the Pecans, mix well, turn into a refrigerator tray to freeze.

MRS. ANNA TRUDEAU, 191 Earle Street.

FRUIT SALAD

Take equal parts of peeled white grapes, sliced canned peaches and sliced pineapple (cut in small bits). Arrange on lettuce leaves, mounds of each fruit separate. Serve with Golden Dressing as follows:

¼ cup orange juice
¼ cup pineapple juice
¼ cup lemon juice
2 eggs beaten light
½ cup sugar
½ cup heavy cream, whipped

Heat juices in double boiler. Beat eggs. Gradually add sugar and cook in hot fruit juices until spoon is well coated. Remove to dish of cold water and beat smooth. When cool, fold in whipped cream.

MRS. AMELIA P. ASHLEY, 71 Topham Street.

GINGER ALE SALAD

1 envelope gelatin
1 cup ginger ale
¼ cup hot water
juice 2 lemons
2 tablespoons sugar
¼ cup celery
¼ cup white grapes
¼ cup pineapple
¼ cup apple

Soak gelatin in ginger ale. Add hot water, juice of lemons, sugar and cook. Cool and when beginning to set add celery, grapes, pineapple and apple. Serve on lettuce with mayonnaise.

MRS. P. CARNEY, 179 Rounds Street.

GOLDEN VEGETABLE SALAD

2 cups shredded cabbage
2 tablespoons gelatin
½ cup cold water
½ cup vinegar
2 cups boiling water
2 cups grated carrots
½ cup sugar
1 teaspoon salt
1 scant teaspoon celery seed

Soak gelatin in cold water 5 minutes. Boil celery seed in hot water 5 minutes. Strain and add hot water enough to make 2 cups. Add gelatin, stirring well. Add sugar, salt, and vinegar. When cool and beginning to set add vegetables. Pour into large or individual molds. Serve on lettuce leaves with boiled or mayonnaise dressing with roast beef.

SAIDIE VIOLA HAYDEN, City Infirmary.

GRAPE JELLIED SALAD

One package of lemon jello. When nearly set add 1 pound seeded or seedless white grapes and 1 pimiento cut in small strips. Serve on lettuce leaves or shredded lettuce. Salad dressing or mayonnaise to which whipped cream has been added may be used.

MRS. CRAWFORD L. DUNHAM, 51 Green Street, Fairhaven.

GRAPEFRUIT-DATE SALAD

1 cup diced grapefruit
1½ cups chopped stoned dates
1 cup diced pineapple pulp
1 cup chopped Brazil nuts
whipped cream
mayonnaise

Mix ingredients. Add mayonnaise. Arrange on lettuce leaves in salad plates.

MISS LAURA PIMENTAL, 108 Rockdale Ave.

GRAPEFRUIT AND NUT SALAD

Peel 1 large solid grape fruit, remove all white skin and peel each carpel. Be careful not to squeeze so as to start the juice, but if any does flow save it. Rub the bottom of a platter delicately with garlic, arrange crisp lettuce leaves on it and pile the grape fruit pulp in the center. Keep on ice until ready to serve. Make a French dressing. Sprinkle 2 tablespoons each of chopped almonds, chopped pecans over the grape fruit. Pour over the French dressing and serve.

SUSAN MOORE, 109 Robeson Street

GRAPE NUTS CHEESE SALAD

1 cup cream cheese—about ½ pound
1 large green pepper
lettuce
2 tablespoons mayonnaise
¾ cup Grape Nuts

Combine cheese and mayonnaise, add pepper and Grape Nuts. Roll into balls about one inch in diameter. Serve on lettuce and garnish with additional mayonnaise. Serves four.

MRS. PERCY JAMES, 21 Arch Street.

HAM SALAD

4 hard boiled eggs
½ cup ground ham
chopped celery
sweet cream
lettuce
mayonnaise

Mash yolks of 4 hard boiled eggs with ½ cup of fine ground ham. It would not spoil it should you add a little bit of lamb. Mix with sweet cream, celery, salt and paprika. Make into balls, put in whites of eggs in rings. Add mayonnaise on lettuce.

MRS. T. CALDERBANK, 30 George Street.

HARMONY SALAD

1 pound sweet peppers
1 can tomatoes
4 onions
1 cup hot water

After boiling this 5 minutes add:

1 tablespoon curry in 1 cup hot water
1 teaspoon salt
½ teaspoon black pepper
few grains red pepper
good sized piece of butter

Cook until peppers are soft about 20 minutes. When done add ½ pound mild cheese. Cook 2 cups rice for 10 minutes or until done (cook in hot water), drain, rinse with cold water and pile in center of platter, turn sauce around it and serve hot.

MRS. HAROLD C. WEEKS, West Barnstable

HOLLYWOOD SALAD

2 oranges
1 grapefruit
½ cup diced celery
1 green pepper, minced
6 small sweet cucumber pickles
lettuce
mayonnaise

Peel oranges and grapefruit, remove all skin and fibre, divide into sections convenient for serving. Blend with the celery, minced pepper, pickles, 6 ripe or stuffed olives, sliced if desired. Moisten with mayonnaise and serve on crisp lettuce. Garnish with additional mayonnaise and whole olives.

MRS. LOUIS ENGLAND, 1598 Cove Road.

HOT SALAD

2 tablespoons drippings
4 large potatoes
pepper
2 large onions
¼ teaspoon salt
⅛ teaspoon mustard

Slice onions and fry until light brown in bacon drippings. Then add sliced potatoes, salt and pepper and cover with water. Cook slowly until tender and well blended. Add mustard last. Serve hot inverted on platter and dot onions with butter.

MRS. CLARENCE J. BELL, Wellfleet

IOWA SALAD

6 freshly peeled tomatoes
3 level tablespoons gelatin
½ cup cold water
1 teaspoon salt
1½ cup boiling water
2 tablespoons lemon juice
1 tablespoon sugar
½ cup chopped green pepper
2 tablespoons chopped pimiento
½ cup chopped cucumber
¼ teaspoon paprika

Soak gelatin in cold water a minute, add boiling water, when dissolved add lemon juice, sugar and salt. Pour into deep pan and set in cold place until partially congealed. Mix cucumber, pepper, salt and paprika and pimiento, then stuff tomato with this. Press tomato down in thickened gelatin. Set in cold place until gelatin stiffens. Cut in squares, have a tomato in center of each. Serve on lettuce with mayonnaise.

MRS. RUBY McKENNA, 332 Tinkham Street

JAPANESE EGG SALAD

2 cups cold boiled rice
6 hard cooked eggs
1 teaspoon onion
1 cup cooked diced beets
1 green pepper (chopped)

Dice eggs and toss them with chopped vegetables and rice. Mix together with a mayonnaise or boiled dressing, serve on lettuce. A cheese sandwich of rye bread or a toasted cheese sandwich is especially good with this salad. With a cup of tea and a fruit dessert it would make a supper or luncheon.

MARIE CAMPOS, 490 Bolton Street.

LOBSTER SALAD

Clean lobster by taking out the poisonous vein which runs through the center of the back. Mix lobster meat with celery; cut in small pieces, allowing ¼ part celery to ¾ part lobster. Mix with mayonnaise. Make cups of small lettuce leaves and fill with the salad, garnish with mayonnaise and lobster coral. Keep on ice until served.

MRS. ROY TOURJU, Box 34, No. Dartmouth

LOBSTER A LA LOUIE SALAD

1 lobster or ¼ pound can lobster
1 large head lettuce

Dressing:—

½ cup minced onions
½ cup chopped celery
½ cup chopped green pepper
½ cup mayonnaise
½ cup Chili sauce
½ cup tomato catsup
1 teaspoon Worcestershire sauce

Either fresh or canned lobster may be used. Cut in cubes. Serve on shredded lettuce with the chilled dressing. Crab or shrimp may be used in the same way. Servings, 6.

MISS LAURETTA DANIEL, 86 Fern Street.

MOCK LOBSTER SALAD

2 cups cold cooked halibut
½ teaspoon salt
1 cup radishes, shredded
⅛ teaspoon paprika
1-3 cup mayonnaise

Flake halibut, shred radishes with the skins on, measuring 1 cup. Mix with the fish, add the salt and paprika. Mix lightly with mayonnaise and serve on crisp whole lettuce.

MRS. BEATRICE EDEN, 37 Stackhouse Street

MACEDOINE SALAD

1 cup cooked carrot strips
1 cup cooked potato cubes
1 cup cooked string beans
2 tablespoons finely chopped parsley
shredded lettuce
French dressing

Arrange shredded lettuce on salad plates. Mix vegetables with French dressing. A spoonful on each place and serve.

VIOLET M. LOWTHER, 412 W. Middle Street

MOLDED CHICKEN OR TUNA FISH SALAD

2 tablespoons gelatin and little sugar
1 cup boiling water
1 cup mayonnaise dressing
1 cup diced chicken or tuna fish
1 cup cut up celery
1 cup cut up stuffed olives

Mix in order given and put in buttered mold. Can use pimiento or hard boiled eggs for garnish. It also may be used sliced for sandwich filling.

MRS. FREDERICK E. ALLEN, 613 County Street

MOLDED GRAPE FRUIT SALAD

3 tablespoons granulated gelatin
¾ cup sugar
¾ cup water
1 cup grapefruit juice
1 tablespoon lemon juice
few grains salt
½ cup grape fruit sections
½ cup celery, cut up
¼ cup green peppers chopped

Soak gelatin in cold water. Boil sugar and water 3 minutes. Add grapefruit juice, lemon juice, few grains salt. Cool and just before hardening add grapefruit sections, celery cut up, green peppers chopped Chill in individual molds and serve on lettuce with good dressing.

MRS. A. C. AIKEN, 141 Washington Street, Fairhaven

MOLDED POTATO SALAD

Chop fine 8 potatoes (cold)
chop 1 green pepper
1 cooked beet
1 hard boiled egg
4 small cucumber pickles
½ small onion
¼ cup nut meats

Blend ingredients. Moisten well with dressing and press into small bowls or cups. Place on ice to chill. Turn the salad out in nests of lettuce leaves and put a small amount of dressing on top.

MRS. FLORENCE STETSON, 408 Mill Street

MOLDED TUNA FISH SALAD

2 cups tuna fish
3 egg yolks
½ teaspoon salt
1½ tablespoons sugar
¾ tablespoon flour
¾ teaspoon mustard
¼ teaspoon paprika
1 tablespoon melted butter
¾ cup milk
¼ cup vinegar
1 tablespoon gelatin (unflavored)
2 tablespoons cold water

Beat egg yolks. Add salt, sugar, flour and spices. Stir in butter and milk. Cook in double boiler, stirring constantly until mixture thickens, then add vinegar. Soak the gelatin for a minute in the cold water. Add to hot mixture and stir until dissolved. Add tuna fish, flaked. Mold in individual molds. Recipe will serve six. Serve on lettuce with mayonnaise dressing.

ANNIE L. CHASE, West Harwich.

NOVELTY CANDLESTICK SALAD

On a slice of pineapple, place ½ banana (upright) for the candle, topped with a maraschino cherry, and serve with whipped cream or boiled dressing or mayonnaise dressing. Place all on lettuce leaf.

MRS. HENRY McCLUSKY, 124 State Street.

ORANGE AND PINEAPPLE SALAD

1 slice pineapple
lettuce leaf
mayonnaise
1 slice of orange
nut meats
sweet cherry

Put pineapple on lettuce leaf, add mayonnaise, slice of orange, more mayonnaise and sprinkle with nut meats. Add a cherry for garnishing.

MISS LORENA BOURDUA, 226 Irvington Street

PEACH SALAD

6 halves canned peaches
1 cream cheese
2 tablespoons mayonnaise
3 tablespoons crushed drained pineapple
½ cup crushed pecans

Mix cheese and mayonnaise. Form into balls to fit the pitted center of peaches and roll in nut meats. Place peaches round side down on lettuce hearts. Serve with cooked dressing to which whipped cream and crushed pineapple have been added.

MRS. ADELAIDE M. DOYLE, 5 Wilbur Avenue, No. Dartmouth.

PEAR AND CHEESE SALAD FOR SIX

6 pears, canned
½ cup white cream cheese
¼ cup chopped celery
2 tablespoons green peppers
¼ teaspoon salt
¼ teaspoon paprika
2-3 cup mayonnaise

Mix 2 tablespoons of mayonnaise with the cheese, celery, green peppers, salt and paprika. Spread over the pears which have been placed in cups of crisp lettuce. Surround the salads with the rest of mayonnaise.

MRS. JOSEPH WALSH, 266 Hawthorn Street.

PINEAPPLE SALAD

1 package Lemon Jello
1¾ cups boiling water
1 can crushed pineapple
1 cup diced celery
1 small bottle stuffed olives
2 or 3 pimientoes

Dissolve Jello in boiling water. Chill. When slightly thickened stir in pineapple, celery, diced; olives, sliced; and pimientoes cut in strips. Chill until firm. Serve on lettuce with mayonnaise. This is delicious as well as decorative.

ELIZABETH B. CROWELL, 10 Maple Avenue, Fairhaven.
President of the College Club.

POND LILY SALAD

Boil as many eggs as required until hard. Cut each one in half lengthwise and remove yolks. Cut white into pie-shaped pieces to form petals. Arrange white part around the tiny yellow center. Serve in celery leaves with salad dressing.

MRS. FRANCIS CARVER, Smith Street, Rock.

PRINCESS SALAD

2 medium sized cucumbers
1 large apple
1 cup celery
1 cup pecan nuts
1 cup peas (drained & dried)
8 ripe tomatoes

Chop the cucumbers, celery and apple and add the peas and nuts and mix with mayonnaise. Scoop out the tomatoes and fill the center with the mixture. Serve very cold on lettuce.

MRS. FRANCES WILSON, 23 Sherman Street.

RAW HEALTH SALAD

1 quart cold boiled potatoes
1 onion finely sliced
¼ teaspoon salt
chopped parsley
½ cup French dressing

Cut potatoes into slices or cubes. Add onion. Mix with salt, parsley and French dressing. Serve on lettuce leaves with boiled dressing.

MRS. ALMA CLOUTIER, 103 Austin Street.

SALMON SALAD

1 can salmon
2 dill pickles
3 hard boiled potatoes
2 hard boiled eggs
3 olives
celery to taste

Mix together with mayonnaise. Arrange on lettuce. Add little mayonnaise on top.

MRS. BENJAMIN DUNN, South Dartmouth.

A SHAMROCK SALAD

Select a small-sized sweet green pepper, remove seeds and wash well. Fill pepper solid with cream cheese. Put on ice to chill, then cut into slices with sharp knife. Each slice forms a shamrock. Put on a slice of canned pineapple and serve on lettuce leaves with mayonnaise on the side.

MRS. J. A. VALENTINE, 371 Ashley Boulevard

SHELDON SALAD

1 can pineapple	½ pound white grapes
4 oranges	½ pound candied cherries
2 bananas	1 cup English walnuts

Cut pineapple and oranges in small cubes. Slice bananas thin. Halve and seed grapes. Serve on lettuce leaves and pour over the following dressing:

juice of pineapple	1 tablespoon cornstarch
1 cup sugar	1½ cups water

Cook liquids until creamy. When cold add nuts, chopped. Dissolve cornstarch in a little water and after the liquids have boiled add the cornstarch and stir well.

MRS. BAILEY, 173 Emerson Street

SHRIMP SALAD

1 large can shrimp	1 large can crushed pineapple
1 head of lettuce	little mayonnaise

Make a bed of lettuce on dish. Put one layer of pineapple and one layer of shrimp until dish is filled, then top off with mayonnaise or French dressing.

Recipe serves three, and can also be made in individual servings.

MRS. MARY P. PITTA, 75 Acushnet Ave.

STUFFED CELERY SALAD

Select tender stalks and hearts of white celery and clean thoroughly. Arrange on lettuce leaves. Prepare a mixture of cream cheese and chopped stuffed olives (pimientoes.) Season to taste and fill the mixture into the hollow portion of the celery stalks. The celery should be cut into short lengths for convenience in eating.

MRS. MARY L. MOORE, 87 Campbell St.

STUFFED EGG ROYAL SALAD

3 hard cooked eggs	mayonnaise dressing
4 tablespoons chopped ham	cayenne to taste

slices of tomatoes, water cress, pimiento

Shell hard cooked eggs, cut in halves crosswise, remove yolks and mix with 4 tablespoons each chopped ham and mayonnaise dressing, add a little cayenne to taste. Fill egg whites with mixture and place on tomato slices arranged on a bed of watercress which has been washed and chilled. Garnish with mayonnaise and strips of pimiento.

JOSEPHINE BIERNACKA, 38 Winsor St., Fairhaven.

STUFFED PIMIENTO SALAD

½ cup green peppers
½ cup pineapple
½ cup salted almonds
1 cup cabbage

Moisten the combination with French dressing, fill whole pimientoes, (the canned variety) with the salad. Place each pimiento cup in a nest of lettuce.

MRS. ROSE RAMOS, 190 Division Street

STUFFED PRUNE SALAD

Soak large prunes over night. Cook until done. When cold remove pits and fill with cream cheese. Roll in ground nuts. English walnuts preferred. Serve on lettuce leaves with a little mayonnaise.

L. J. PARLOW, 380 Reed Street

SUMMER SALAD

6 medium sized tomatoes
1 teaspoon salt
1 cup chopped cucumbers
¼ cup chopped celery
⅛ teaspoon paprika
1 cup cottage cheese
¼ cup cream
½ cup mayonnaise

Cut ends from tomatoes, remove pulp, sprinkle with the teaspoon salt, invert and drain. Mix salad dressing with the cream, add cucumbers, celery, cottage cheese and ½ teaspoon salt. Fill tomato cups with this mixture, sprinkle with paprika and serve on lettuce leaves.

MRS. IRENE WILES, 79 Glennon Street

SUNSHINE SALAD

1 package lemon gelatin
1 cup cold water
1 cup boiling water
1 cup grated carrot
1 cup canned grated pineapple well drained from juice

Dissolve lemon gelatin in boiling water; add cold water. Chill until it begins to thicken. Add grated carrot and pineapple. Chill in small moulds until firm. Serve on lettuce with mayonnaise. Serves six.

MRS. P. L. KENT, 248 Hawthorn Street

SALAD, SUPREME

1 envelop gelatin
1 cup cold water
1½ cups boiling water
½ cup lemon juice
½ cup sugar
3 tart apples
1 cup celery, cut small
½ cup nut meat

Soak gelatin in the cold water 5 minutes, then add the boiling water, add lemon juice and sugar, when it begins to thicken add the apples, celery and nuts, turn in molds, chill and serve with mayonnaise dressing.

MRS. E. F. SWEENEY, 37 Lake Street

TUNA FISH SALAD

Wash 1 head of lettuce and spread on platter. Add 1 layer of cold boiled potato, 1 layer cold sliced carrots, layer of sliced boiled egg, 1 small can tuna fish. Pour salad dressing over the mixture and serve. Delicious.

MRS. MURDOCH HARTLING, Miller Street, Rock

TOMATO-SHREDDED CABBAGE SALAD

Wash as many tomatoes as there are to be servings. Cut the cap of the tomato off and scoop out a small amount of pulp. Have ready the cabbage mixed with salad dressing and fill the tomatoes, letting the cabbage fall over the edge of the tomato. Serve in a large lettuce leaf.

MRS. ERNESTINE DIRKSEN, 82 State Road, No. Dartmouth

VALENTINE SALAD

Cut into ½ inch cubes 2 cups chicken meat. Use all white—it is prettier. Pour over this 2 tablespoons French dressing, set in cool place for 1 hour. Just before serving add 2 cups dried celery. Mix well. Arrange on lettuce leaves, using 2 tablespoons of chicken. Cover with mayonnaise. Place a large heart cut from a pickled beet, on top. Serve with bread and butter or cream cheese sandwiches cut heart-shape.

JULIA B. MARSTERS, East Sandwich

LEFT OVER VEGETABLE SALAD

sliced pickled beets	½ cup peas
½ cup string beans	8 cut up asparagus tips

On a bed of lettuce slice pickled beets and arrange on top string beans, peas and cut up asparagus tips. Add a spoon of beet pickle to mayonnaise for coloring and use to garnish salad.

MRS. MARGARET MORTON, 26 Willard Street

WAIKIKI SALAD

Place slices of drained pineapple on plates of shredded lettuce. Serve with a sweet dressing made by boiling ½ cupful of sugar with ¼ cupful of water to a thin syrup. While hot drop into the syrup 10 marshmallows, then pour over the beaten white of 1 egg. Beat marshmallow consistency until mixed, then cool. Garnish the salad with maraschino cherries and nuts or if the cherries are not available use a bit of jelly.

MRS. GEORGE A. J. LAGASSE, 1111 South Water Street

Chapter XIV

SALAD DRESSINGS

As clothes are said to make the man, so does dressing make the salad. Unlike clothes, however, the salad dressing is of vital importance to the character of the food it graces, while man's garments may be only a superficial bit of artistry as far as his fundamental nature is concerned.

It is the purpose of salad dressing to bring out the real flavor of the more neutral foods of which salads are composed. It is quite important, then, that the proper dressing be chosen for each particular salad. No one would think for a moment of serving fruit salad garnished with French dressing, but there are many less obvious mistakes that are made more than occasionally because the housewife, busy with her many tasks, is apt to dash the most convenient condiment on her salad without considering whether or not it makes the exactly correct combination.

Imagine hearts of lettuce salad dressingless. Very few half-hungry persons could be enticed into eating it. But let it be embellished with some spicy Roquefort dressing and immediately the appetite is whetted and a definite craving for the heretofore uninteresting dish is stirred. Dressing lifts the salad from the realm of the commonplace to that of the unusual and for that reason it deserves careful attention.

CREAM FRENCH DRESSING

Beat 2 tablespoons cream until stiff using small egg beater and gradually beat in 2 tablespoons salad oil, add 1 tablespoon lemon juice, 1-8 teaspoon salt and a few grains paprika.

JOSEPHINE BIERNACKA, 38 Winsor Street, Fairhaven.

CREAMY SALAD DRESSING

Put into a double boiler 4 lightly beaten eggs and ½ cup each of vinegar and water. Stir over fire until thick, then add ½ cup butter. Mix together 1 teaspoon each, dry mustard and sugar, a pinch of white or cayenne pepper. Add a spoonful of the cooked dressing to these seasonings and stir until smooth. Add rest of dressing and thoroughly mix. Thin with milk or cream as needed. Use more vinegar if liked quite sour. Whipped cream folded into this makes a very light dressing for salad. This will keep for weeks in a mason jar if screwed down tight and kept in a cool place.

MRS. C. STANDER, 723 Allen Street

FRUIT SALAD DRESSING

4 tablespoons powdered sugar
1 teaspoon cinnamon
1 tablespoon lemon juice
1 gill maraschino cherry juice

Blend together. Put on ice and when ready to use beat in 1 scant cup cream, whipped solid.

ANNIE L. CHASE, West Harwich.

FRUIT SALAD DRESSING

Juice 1 orange
Juice 1 lemon
1 egg
½ cup granulated sugar

Cook in double boiler until it thickens.

MRS. H. FAIRCHILD, 64 Park Street

MARSHMALLOW MAYONNAISE—(For Fruit Salads)

To 1 cup of mayonnaise add ½ cup of marshmallow cream beating in thoroughly.

MRS. WESLEY HIGGINS, East Harwich.

MAYONNAISE DRESSING

A few grains of paprika
½ teaspoon salt
Yolk of 1 egg
1 teaspoon powdered sugar
½ teaspoon mustard, if desired
1 cup olive oil
1 tablespoon lemon juice
1 tablespoon vinegar

Mix the salt and paprika, add other seasonings, and the yolks, beat well, adding the acid, gradually, beating it in with an egg beater. When all the acid has been added, turn in a teaspoon of olive or other vegetable oil and continue the beating; add oil, a teaspoonful at a time, beating vigorously meanwhile; then add the oil by the tablespoon until all has been used. Beat in 2 or 3 tablespoons of boiling water.

CECELIA CARTER, 139 Peckham Street.

MINERAL OIL MAYONNAISE

1 cup mineral oil
1 tablespoon lemon juice
1 egg yolk
¼ teaspoon mustard
1 tablespoon vinegar
1 teaspoon salt
pinch of cayenne

Beat egg yolk, add vinegar, seasoning and beat thoroughly. Add oil gradually, beating constantly. When thickened add lemon juice.

MRS. GRACE M. ANDREWS, 187 Thompson Street.

NORMANDY SALAD DRESSING

Fruit and Vegetable Salads are the only ones this can be used with.

Mash 1 small sized cream cheese very smooth and fine. During the process of blending add 2 tablespoons cream and 1 tablespoon lemon juice. Beat until almost like liquid. Season to taste with salt, white pepper and paprika. Whip in enough currant jelly to make it red. Chill dressing slightly. Fold in ¾ cup whipped cream. Dates filled with cream cheese on lettuce leaves are very nice with this.

FLORENCE BROWNELL, 286 Mill Street

ROQUEFORT OR CREAM CHEESE DRESSING

1 Roquefort or cream cheese
¼ to ½ teaspoon salt
few grains of cayenne
¼ teaspoon paprika
6 tablespoons salad oil
2 tablespoons cider vinegar

Mash cheese with a fork, add salt, cayenne and paprika. Mix well. Add oil slowly, then vinegar and mix thoroughly. Roquefort cheese dressing must be served immediately.

MRS. MAX COPELAND, 516 Rockdale Avenue

SALAD DRESSING

4 tablespoons butter
1 tablespoon flour
1 teaspoon salt
1 tablespoon mustard
1 tablespoon sugar
1 cup milk
½ cup vinegar
3 eggs
Pinch of pepper

Melt butter in double boiler, mix all dry ingredients in a bowl and whip eggs, add to them dry ingredients, add milk, pour into boiler with butter. Rinse out bowl with vinegar and add last, stirring constantly to avoid lumps, thin out with milk when using. This will keep a long time in a cool dry place.

JEAN CONWAY, 119 Chancery Street

SALAD DRESSING — UNCOOKED

2 eggs well beaten
2 large teaspoons mustard
1 teaspoon salt
1 can condensed milk
a bit of red pepper
few scrapings of onion (½ teaspoon)
1 cup vinegar
½ cup butter or olive oil

To the well beaten eggs, add mustard, salt, red pepper, and scrapings of onion. If vinegar is strong take 2-3 cup vinegar and 1-3 cup water. Add to mixture and beat well. Then add slowly one can condensed milk. Mix thoroughly and add butter or olive oil and beat until it begins to thicken. This will keep a long time. Chopped olives, celery or pimiento can be added when served. Especially nice with fish.

MRS. OSCAR FLANDERS, Chilmark, Marthas Vineyard

WAR TIME SALAD DRESSING WHICH NEVER FAILS

- 1 level teaspoon salt
- 1 level teaspoon dry mustard
- 1 egg
- pepper
- 2 tablespoons vinegar
- 1 cup cold oil

Beat salt, mustard, pepper, vinegar with the well beaten egg. Add ¼ cup oil and beat well, add another ¼ cup oil and beat, add another ¼ cup oil beat, add remaining ¼ cup oil beat and serve. This will not begin to thicken very much until after second amount has been used.

MRS. E. R. HOLMES, 333 Union St.
New Bedford Day Nursery, Welfare Building, 6 Eighth St.

Chapter XV

PIES

"What profanations these
That seek to dim the glories
Of apple pie and cheese."
—E. Field.

Eugene Field was no Yankee, but he was thoroughly American enough to share the New Englander's zealous and traditional appreciation of pie. True, he admits that flavored creams and ices are "mighty fine devices," but his admission is coloured with a scorn for those who esteem such delicacies more than pie, rather than with any fondness for creams and ices on his part.

Despite the New Englanders, who are accredited with more or less habitually eating pie with their morning meal, pie is certainly not essentially a breakfast dish. There are times, however, when the fragrant odour that accompanies freshly baked pies, the tempting aroma of apples and cinnamon, of steaming mince meat or fragrant blueberries, is hard to resist even before the first cup of coffee has passed one's lips.

Too often the curse of indigestion is coupled with pie-eating. This may or may not be the fault of the pie. At any rate, there are ways and means to prevent pastry from being indigestible. Since pastry contains a large proportion of fat in the ingredients of which it is made, it should be baked in a moderate, not a hot, oven as was formerly supposed. Moderate heat cooks pies quite sufficiently. It prevents the fat from decomposing into disturbing fatty acids, and it practically guarantees the perfect swelling and explosion of the starch grains present.

Because of the astounding popularity that pies hold among all who eat, and particularly among men, it should be the duty of every housewife to perfect herself as a baker of pies to assure not only good desserts, but, perhaps, even a happier home life. No matter how excellent bakery pies may be, they lack the richness and the flavor that immediately distinguishes the homemade pie from its storemade fellow.

CORNSTARCH PASTRY

1¼ cups cornstarch
1¼ cups flour
2 tablespoons sugar
½ cup shortening
½ teaspoon salt
1 teaspoon baking powder
1 yolk of egg
milk to mix

Rub shortening lightly into cornstarch and flour; add salt, sugar, baking powder, beaten yolk of egg and sufficient milk to mix to stiff paste. Roll out lightly and use for tartlets or 1 crust pie. Sufficient for 2 large pies.

MRS. GRACE A. VAUGHAN, 62 Jenny Lind Street.

HOT WATER PASTRY

1 cup lard 3 cups bread flour sifted
½ cup boiling water ½ teaspoon baking powder
¾ teaspoon salt

Pour boiling water over lard and beat with silver fork until creamy. Sift flour, baking powder and salt into lard mixture and stir well. Cool thoroughly before using. This is enough for 2 pies.

MRS. BERNICE SNEDDEN, 24 Larch Avenue, Fairhaven.

HOT WATER PIE CRUST

1 cup lard ½ cup boiling water
3 cups flour ½ teaspoon baking powder
½ teaspoon salt

Makes 1 double and 1 single pie. Put lard in mixing dish, pour water over it and let cool. Sift flour, baking powder and salt together. Sift flour into water and lard, and mix with wooden spoon.

MRS. ALDORA FAIRWEATHER, 135 No. Walnut St., Fairhaven.

QUICK PIE CRUST

1 cup lard 3 cups pastry flour
½ cup ice water salt

Melt the lard. When lard is cold, but still in liquid form, add ice water, then flour and salt. Stir with spoon and if necessary mix with fingers.

MRS. SARA S. POTTER, 68 Walnut Street.

SUSANNAH'S PASTRY

4 cups flour ½ pound shortening
1 teaspoon baking powder 1½ teaspoons salt
cold water

Sift dry ingredients. Mix in shortening with finger tips or a knife. Add enough water to hold mixture together and roll out.

MRS. FLORENCE TRIPP, 9 Main Street, Acushnet.

AUNT EMMA'S CREAM PIE

3 eggs
1 cup sugar
¼ teaspoon salt
2 teaspoons baking powder
4 tablespoons cold water
1 teaspoon vanilla
1¼ cups flour (scant)

Beat eggs well, add sugar and beat well. Add slowly cold water then flavoring. Add dry ingredients. Bake in two 9 inch Washington pie tins. Quick oven takes about 10 minutes. When cool split and fill with cream.

Cream:

2 cups milk (heated)
1 egg
2 tablespoons flour
piece of butter
3 tablespoons sugar

Cook all ingredients in double boiler until of a creamy consistency. Add butter when taken from the stove.

MRS. INEZ H. HAINER, 271 Maple St.

BRAMBLES

Make pie crust dough, roll out thin and cut into squares. Fill with following mixture:

juice of 1 lemon
2 tablespoons vinegar
1 cup sugar
pulp 1 lemon, chopped fine
1 well beaten egg
1 cup raisins

Mix juice of lemon, sugar and vinegar and let stand while chopping lemon, and raisins, then add that to lemon, sugar and vinegar, and last add well beaten egg, fold as for turnover and bake.

MRS. B. B. STEVENSON, 251 Court Street.

BUTTERSCOTCH PIE — (Original)

1 cup brown sugar
2 eggs
2 tablespoons butter
2 tablespoons flour
1 cup cold water
1 teaspoon vanilla

Mix sugar and flour together. Add water gradually, stirring over fire until thickened, adding this mixture to the beaten egg yolks and butter. Add vanilla. Fill baked crust with mixture, beating egg whites with 2 tablespoons sugar for the meringue. Cover pie with meringue and bake in slow oven.

MRS. ROSCOE C. GRIFFITH, Buzzards Bay, Mass.

BUTTERSCOTCH PIE

1 cup brown sugar
yolks of 2 eggs
butter size of egg
2 tablespoons cream
2 heaping tablespoons flour
pinch of salt
cup boiling water
1 teaspoon vanilla

Cook in double boiler. Put water in boiler, add cream and butter. Mix flour and sugar thoroughly and add. Beat yolks hard and add last. Put in pie shell. Use whites for meringue.

MRS. EVERETT P. READ, 191 Hawthorn Street.

BUTTERSCOTCH PIE FILLING

4 tablespoons cornstarch
2 tablespoons butter
1 cup brown sugar
beaten yolks of 2 eggs
½ cups milk
beaten whites of 2 eggs
3 tablespoons sugar
¼ teaspoon baking powder

Mix in double boiler cornstarch, butter, brown sugar and egg yolks. Add gradually milk stirring constantly until smooth and thick. Pour into previously baked pie shell. Beat whites of 2 eggs with sugar and baking powder. Brown in oven 10 minutes.

MRS. W. C. BRIGHTMAN, 85 Walden Street.

BANANA PIE

3 bananas
1 cup hot milk
¼ cup sugar
2 egg yolks
½ cup cold water
1 large teaspoon flour
pinch of salt

Mix together eggs, sugar and salt. Add flour mixed with cold water. Stir in hot milk; cook in double boiler until thick. Flavor. Pour this hot custard into pastry shell that has been previously cooked and covered with thin slices of bananas. Cool, cover with whipped cream.

MRS. DAVID D. CAIRNS, West Wareham

CARAMEL BANANA PIE

1 cup dark brown sugar
⅓ cup flour
⅛ teaspoon salt
2 egg yolks
2 cups milk
1 teaspoon vanilla
1½ cups sliced bananas

Blend sugar, flour and salt. Add egg yolks and milk. Cook in double boiler until thick and creamy. Stir frequently. When filling thickens, add vanilla and bananas. Pour into baked pie shell and cover with meringue of 2 egg whites beaten stiff and 4 tablespoons sugar. Bake in slow oven 10 minutes.

MRS. HENRY McCLUSKY, 124 State Street.

CARROT PIE—(Filling)

1 generous cup carrots
1½ cups milk
1 egg
½ cup sugar
little ginger
little cinnamon
little salt

Cook carrots until tender and strain through sieve, add other ingredients together. Make a pie crust, line plate and fill with above mixture. Bake in slow over 1 hour. Tastes and looks like pumpkin pie.

MRS. M. R. HERZOG, West Harwich

CHEESE PIE

Crust:

1 cup flour
1 pinch of salt
2 tablespoons sugar
1 teaspoon baking powder
2 tablespoons butter
1 egg

Line deep pie plate with a dough made from the above ingredients.

Filling:

¾ pound cream cheese
¾ cup sugar
3 eggs
1 teaspoon vanilla
½ jar sweet cream

Mix ingredients together well and pour filling into pie plate lined with dough and bake in moderate oven until solid.

MRS. FISHER ABRAMSON, 392 Hawthorn St.
President Sisterhood of Tifereth Israel.

CHOCOLATE PIE

1 cup sugar
3 egg yolks, well beaten
3 teaspoons cocoa
1 teaspoon flour
1 cup milk, heated
1 tablespoon butter
1 teaspoon vanilla

Bake. When done frost with the 3 egg whites.

MRS. EMMA CORT, Roosevelt Apartments.

COFFEE CUSTARD PIE

3 cups milk
2 tablespoons coffee
3 egg yolks
1 whole egg beaten
½ cup sugar
salt to taste
1 teaspoon vanilla

Bake in 1 crust and when done frost with stiffly beaten whites of 3 eggs and 3 tablespoons sugar. Set in oven to brown.

EDNA E. S. DAVIS, Sagamore.

CRANBERRY AND PRUNE PIE

1½ cups halved cranberries	1 cup prunes
1 tablespoon butter	¾ cup sugar
1 tablespoon flour	pastry

Mix together the cranberries, prunes cooked until soft and cut in small pieces, sugar and flour. Turn into a pie plate lined with pastry, dot over with butter, cover with strips of pastry and bake.

MRS. JULIA BENSON, 27 Church Street, Fairhaven.

CRANBERRY RAISIN PIE

2 cups cranberries	1 cup sugar
1 cup seedless raisins	3 tablespoons flour

pinch of salt

Mix raisins, sugar, flour and salt. Add to cranberries which have been washed and picked over. Bake with 2 crusts. Ten minutes in hot oven then thirty minutes in a moderate oven.

MARY ROSE, 651 Dartmouth Street, So. Dartmouth.

CUSTARD PIE

3 eggs	2 cups milk
¾ cup sugar	1 teaspoon vanilla extract

1 teaspoon salt

Beat eggs, add sugar, salt, and scalded milk slowly.

Line pie plate with paste, pour in custard. Bake in moderate oven 25 to 30 minutes, the custard is baked when a knife put in center comes out dry. Cocoanut pie is made in the same way adding 1 cup of fresh grated cocoanut and using only 2 eggs.

MARY WHITE, 3 Wilbur Avenue, No. Dartmouth, Mass.

DELICIOUS CREAM PIE

1½ cups milk	2 tablespoons flour
3 eggs	½ cup sugar
little salt	little vanilla

Add sugar, flour, salt with the well beaten egg yolks add hot milk slowly to this mixture cook in double boiler until it thickens stirring constantly, if it curdles take out of boiler put in cold water and beat. Flavor with vanilla when finished. Cool and put in pie shell, cover with meringue made of 3 egg whites beaten stiff and 2 tablespoons of confectioners sugar.

MRS. E. D. SHERMAN, 362 County St.

FIG PIE

1 pound figs chopped fine
2 cups sugar
2 cups water
pinch of salt
1 teaspoon vanilla

Cook over a slow fire figs, sugar and water; add salt. Stir often to prevent burning. Take from fire and add vanilla. When cold put between 2 crusts and bake until crusts are done. This will make 2 pies as they do not want to be too thick because they are quite rich but are delicious.

MRS. H. C. REYNOLDS, 352 Arnold Street.

FRUIT ROLL—(Pastry)

Roll out rich pie crust spread fruit over it (apples, peaches etc., season and sweeten to taste depending upon filling). Roll up like a jelly roll. Bake in moderate oven. Serve with whipped cream or sauce.

MRS. D. M. CHENOWETH, 362 County St.

GRAPE PIE WITH TWO CRUSTS

For Filling:

Mash and seed grapes enough to fill plate as for a berry pie. A large cup of sugar, and a tablespoon flour. Bake in a moderate oven. Can use just the skin of the grapes.

EMILY M. WEEKES, East Sandwich.

GRAPENUT MEXICAN PRALINE PIE

1 cup granulated sugar
½ cup boiling water
1½ cups orange juice
¼ cup flour
1 tablespoon butter
¾ cup grapenuts
2 egg yolks
⅛ teaspoon salt
1 teaspoon vanilla
2 egg whites
2 tablespoons powdered sugar

Prepare a caramel by melting half cup of granulated sugar. Stir over fire until it becomes a dark brown, but clear color; add slowly the boiling water and cook until melted sugar is dissolved. Beat the orange juice, caramel and remaining half cup of sugar in a double boiler. Add the flour, first mixed with cold water then the butter and then the grapenuts. Beat the yolks of the eggs; add to them slowly the cooked mixture. Return to double boiler and cook until egg thickens; add vanilla and salt. Pour into baked crust or individual shells.

Make a meringue of fluffy egg whites and powdered sugar; place on top of filled pie. The combination of caramel and orange juice is the secret foundation of the Mexican Praline so famed in New Orleans. The grapenuts add an exotic flavor, supplying the taste of nuts.

MRS. LAURA DALLAIRE, 225 Bates Street.

HEAVENLY PIE

whites of 2 eggs, beaten
2 mashed bananas
1 cup granulated sugar

Line a pie plate with a rich pastry and bake in a quick oven. Beat the whites of eggs, mashed bananas and sugar until the mixture is so stiff it will not drop from the beater. Fill the pie shell with this mixture. Bake in a slow oven until a golden brown about 20 minutes. When cool cover the pie with ½ pint of stiffly beaten cream. Sprinkle the top with nuts and dot here and there with cherries.

MRS. HENRY B. REAGAN, 30 Bogle Street, Fall River

CAKE LEMON PIE

1 cup sugar
juice of 1 lemon
2 rounded tablespoons flour
1 heaping teaspoon butter
2 egg yolks beaten until light

Mix sugar, flour, lemon juice, butter, and lastly, egg yolks. Add ¾ cup sweet milk and stir in stiffly beaten egg whites. Pour in crust and bake in moderately hot oven until brown and firm.

MRS. W. B. ROSE, Truro.

LEMON PIE FILLING

2 cups boiling water
grated rind of 1 lemon
juice of 1½ lemons
1 tablespoon butter
whites of 2 eggs
1¼ cups sugar
¼ cup flour
¼ cup cornstarch
yolks of 2 eggs beaten
¼ cup sugar

Into the upper part of a double boiler put boiling water, grated rind of lemon, juice of lemons and butter. Thicken this with sugar in which are stirred flour and cornstarch; add well beaten yolks of eggs. Stir until it thickens. Cook 20 minutes. Fill a shell with the mixture and place on top a meringue made from beating to a stiff froth the whites of eggs and sugar. Brown in oven. Filling may be made day before using.

MRS. T. A. RAYMOND, 28 Middle Street, So. Dartmouth

AN OLD RECIPE FOR LEMON PIE — (Best ever)

The juice and grated rind
1 large lemon
1 heaping teaspoon sifted flour
1¼ cups boiling water
1 teaspoon butter
1 large raw grated potato
1¼ cups sugar
2 eggs beaten
⅛ teaspoon salt

Use potato little larger than the lemon. Cook mixture in double boiler until thickened. When cool, pour into pastry lined pie plate and cover with top crust. Rub top over gently with little milk and sugar.

MRS. HAROLD F. JONES, Palmer Avenue, Falmouth.

LEMON MERINGUE PIE

3 tablespoons cornstarch
2 tablespoons flour
1 cup sugar
½ cup cold water
3 eggs
2 cups boiling water
¼ cup lemon juice
1 teaspoon lemon rind
¼ teaspoon salt
baked pastry shell

Mix cornstarch, flour, sugar and cold water. Add slightly beaten egg yolks, then add boiling water. Cook ten minutes in double boiler, add remaining ingredients. Let cool. Place in baked pastry shell. Cover with meringue made with beaten whites and three tablespoons of sugar and flavored with few drops of lemon juice. Bake 12 minutes at 300 degrees F.

MRS. JANE GALLIGAN, 18 Tremont Street.

RADIO LEMON PIE

Grated rind of 1 lemon
3 tablespoons lemon juice
1 cup sugar
2 tablespoons butter
¼ cup cream
4 eggs

Put butter, lemon juice, sugar and cream to boil; add the well beaten eggs; cook 2 minutes; fill baked crust, then put in oven to brown one minute.

MARY PICKFORD'S Favorite Recipe, Los Angeles, California.

LEMON SPONGE-PIE

1 cup sugar
2 level tablespoons flour
butter size of a walnut
yolks of 2 eggs
juice of 1 lemon
1 cup of milk

Put the above ingredients into a double boiler and cook until it thickens. When thick enough put in a pie crust and beat whites with a little sugar and spread on top and cook about 15 or 20 minutes.

MRS. M. MOONEY, 18 Main Street, Acushnet.

LEMON SPONGE PIE

juice and rind of 1 lemon
1 cup sugar
yolks of 2 eggs
2 tablespoons flour
1 cup milk
1 teaspoon butter

Beat whites of eggs; add them to the above and mix thoroughly. Crust thin. Bake about 40 minutes.

RELIANCE E. HOWES, Chatham.

LEMON SPONGE PIE

1 cup sugar
4 heaping tablespoons flour
1 cup milk
yolks of 3 eggs, well beaten
1 lemon rind, juice and pulp
½ teaspoon butter

Mix sugar and flour; add milk, yolks of eggs well beaten, lemon and butter. Mix well. Beat whites of eggs stiff and fold into mixture. Bake in crust like custard pie for ½ hour in slow oven.

MRS. EMMA RICHARD, 295 Shaw Street.

LEMON PIE SUPREME

juice and rind 1 lemon
⅔ cup soft bread crumbs
1 cup milk and water
3 egg yolks

Beat egg yolks and sugar together, add milk last, add bread crumbs. Pour in baked shell.

Frosting:

whites of 3 eggs
½ teaspoon baking powder
4 tablespoons granulated sugar

Add sugar gradually to the whites of eggs. Add baking powder and beat until stiff like marshmallow. Spread on pie and brown in oven.

MRS. FRYER, 27 Parker Street.

TENNESSEE LEMON PIE

½ cup lemon juice
grated rind of ½ lemon
1 cup sugar
3 eggs
shake of salt

Separate the eggs and beat yolks until thick, add juice and grated rind and half of the sugar. Cook in a double boiler and stir constantly until very thick. Beat egg whites until stiff and dry, add the other half of sugar stir into the cold custard mixture, pour into a baked pie shell and brown slowly.

For New Bedford's Woman's Club.

M. EVELYN REID, 314 Sumner Street.

MAPLE SYRUP AND NUT PIE

1 cup maple syrup
1 cup water
¾ cup flour
½ cup chopped walnuts

Put in double boiler maple syrup and water. Let it come to a boil, and when boiling add flour which has been mixed with water to a smooth batter. Beat with egg beater to eliminate all lumps, stir until thick, then add chopped walnuts. Fill pie crust and bake. Cool, and cover top with whipped cream and serve. A little sugar may be added to the cream if desired.

MRS. MARY A. PERRY, 21 Independent Street.

MARLBOROUGH PIE

Line a pie plate with a good pastry dough; cover the bottom with finely sliced apples, sprinkle with sugar, add the following.

2 egg yolks
½ cup sugar
2 tablespoons melted butter
1 cup milk

Cream egg yolks and sugar together. Add other ingredients. Pour over the apples. Lattice the top with strips of dough and bake for 30 minutes. Take the beaten whites of eggs and put in 4 tablespoons powdered sugar, and a few chopped nuts, drop in spoonfuls over the pie and brown.

MRS. ALICE KENDALL, 164 Elm Street.

ORANGE WASHINGTON PIE

1 egg
1 cup sugar
⅛ teaspoon salt
1 cup milk
2 tablespoons butter
2 cups flour
3 teaspoons baking powder
1 grated orange rind

Sift flour 3 times with baking powder to the well beaten egg. Add melted butter and orange rind, then alternately milk and flour, pour in 2 shallow round pans, orange filling.

½ of orange rind
juice of 1 orange
2½ tablespoons cornstarch
2½ tablespoons cold water
1 egg
1 tablespoon lemon juice
1 cup boiling water
1 tablespoon butter
½ cup sugar
⅛ teaspoon salt

Mix sugar, cornstarch and salt with cold water; add egg; beat well; add boiling water, butter, grated rind. Cook over boiling water. Add juices.

MRS. ESTHER WILDE, 28 Mott Street.

MULBERRY PIE

1 quart mulberries
1 cup of sugar to each pie

Line pie plate with crust. Sprinkle bottom crust with a little flour, add mulberries and cup of sugar, then sprinkle with a little more flour to prevent running out. Will make two pies.

MRS. THOMAS LACKIE, 10 Main St., Acushnet.

PARSNIP CUSTARD PIE — (Original)

3 eggs, separated
1 parsnip
½ cup sugar
1 teaspoon vanilla
1 pie shell

Peel and grate parsnip to make ¼ cup. Mix into egg yolks, milk and sugar, and flavor. Bake in shell as for custard pie. When nearly done, spread top with meringue made of stiffly beaten egg whites, and put in oven to brown. Let stand until cold before serving.

MRS. NELLIE A. PERRY, Marstons Mills.

GOOD PINEAPPLE AND LEMON PIES

Cover an inverted medium sized pie plate with pastry rolled ⅛ inch thick. Prick all over with fork and bake in a very hot oven 12 to 15 minutes or until brown. Remove from the oven, cool and slip from the pan onto a larger plate to cool. Meanwhile mix filling:

⅛ teaspoon salt
5 tablespoons cornstarch
3 eggs
1½ cups boiling water
2 cups canned crushed pineapple
grated rind and juice of 1 large lemon
1 cup sugar

Mix together the sugar, salt, cornstarch, yolks of the 3 eggs, the grated rind of the lemon and boiling water. Stir constantly over a slow fire until the mixture begins to thicken. Then add pineapple and continue cooking until very thick and smooth. Remove from fire, add juice of lemon, and let mixture cool. When nearly cool fill the baked pie shell and cover with meringue made by beating the whites of the 3 eggs until stiff, folding in 5 tablespoons of powdered or granulated sugar. Place in slow oven until meringue is nicely browned

ROSE CHARLES, 20 Edna Street.

PINEAPPLE PIE DE LUXE

Drain 1½ cups crushed pineapple. To 1 cup pineapple juice, add—

1 cup hot water
3 tablespoons cornstarch
¾ cup sugar
yolks of 2 eggs
1 teaspoon lemon juice

Drain crushed pineapple. To every 1 cup of pineapple juice add 1 cup hot water. Heat in double boiler. Mix cornstarch and sugar. Add to hot mixture. Cook 15 minutes. Stir often. When cooked pour over beaten yolks of eggs. Add lemon juice, cool slightly. Spread the ½ cup drained pineapple in a baked pastry shell. Pour the cooked mixture over pineapple and make a meringue of 2 egg whites and 4 tablespoons sugar. Bake in a moderate oven rather slowly for 8 minutes.

EVA R. WYATT, 4 Oak Street Court

PINEAPPLE SPONGE PIE

1 cup chopped pineapple
¾ cup sugar
1 tablespoon flour
½ cup milk
2 eggs

Mix flour and sugar; add egg yolks and beat well. Add milk, pineapple and stiffly beaten egg whites. Bake in one crust. Have oven hot until edges of crust begin to brown slightly. Turn oven down and bake slowly until firm.

MRS. FRANCIS S. WINSPER, 31 James Street

PRUNE CREAM PIE

1 cup sugar
1 teaspoon cinnamon
½ teaspoon cloves
¼ teaspoon nutmeg
4 eggs
1½ cups sour milk
1 cup chopped prunes previously soaked 2 hours in warm water.

Mix above ingredients in order given, saving whites of eggs for meringue. Pour custard in pastry shell. Bake in a hot oven for the first 10 minutes, lowering the temperature to complete baking.

MRS. CHARLES A. BRALEY, Jr., 222 Smith Street

PUMPKIN PIE

1½ cups cooked pumpkin (strained)
1 teaspoon salt
½ teaspoon ginger
¼ teaspoon cloves
½ teaspoon cinnamon
1 cup brown sugar
2 eggs
1½ cups milk

Bake at 325 F. for ½ hour.

MRS. GLADYS E. GRIFFITH, Great Neck, Wareham.

RAISIN PIE

1 cup seeded raisins
1 cup sweet cream
1 cup sugar
1 tablespoon flour
2 beaten egg yolks

Stew seeded raisins until tender. Drain and add sweet cream and sugar. Mix with flour. Cook 5 minutes and add beaten egg yolks. Cook until thick. Pour into a baked pie shell and cover with meringue and nuts. This makes a good sized pie and is very delicious.

MRS. MILBURN STUART, Woods Hole.

RICE PIE

Wash ¼ cup rice
pinch of salt
1 cup sweet milk
½ cup sugar
yolks of 2 eggs
few raisins, washed

Boil rice and salt together until tender. Add sweet milk, sugar, yolks of eggs well beaten. Wash a few raisins and add to the rice. Cover a plate with a rich pie crust. Fill. Grate a little nutmeg over the top. Bake rather slowly. When done add—

2 egg whites beaten stiff
2 tablespoons sugar

Put on top of pie and brown in oven.

MRS. EVON BROWN, 4 Ashley Blvd.

RHUBARB MERINGUE PIE

Bake the crust in an inverted pie plate. Prick crust with a fork in many places before baking.

Filling:

1½ pounds rhubarb
1½ cups sugar
beaten yolks 3 eggs

Cut rhubarb into 1 inch lengths. Put a layer in a saucepan and sprinkle with sugar, add another layer of rhubarb and sugar, etc., using all of rhubarb and sugar. Cook until tender. Add beaten egg yolks and cook until thick. Pour the mixture into the previously baked crust. Spread with meringue made of the 3 egg whites and 5 tablespoons sugar beaten together for 20 minutes. Pile over top of rhubarb and brown delicately in oven.

MRS. FRED RAISTRICK, 218 Whitman Street

RHUBARB PINEAPPLE PIE

2 cups cut up rhubarb
1¼ cups sugar
1 cup pineapple
little flour

Line pie tin with pastry, sprinkle a little flour over the bottom and fill with rhubarb cut in inch pieces. Cover this with sugar. On top place the pineapple either grated or cut in cubes. Sprinkle the whole with flour. Cover it with top crust and bake nearly an hour.

MISS RUTH CARVER, Rock.

SQUASH PIE

1 can squash
1 cup sugar
3 eggs
½ cup cracker crumbs
1½ cups milk
¼ teaspoon nutmeg
¼ teaspoon cinnamon
salt

Mix sugar and eggs, beaten; add squash, cracker crumbs, then milk and spices. Lastly add salt. Bake in 1 crust.

MARGARET R. BURNS, 59 Newton Street.

SWEET POTATO PIE

½ pound sugar
½ pound butter
1 pound mashed sweet potatoes
⅓ ounce cinnamon
½ ounce nutmeg
4 egg yolks
2 egg whites
juice of ½ lemon

Cream the sugar and butter until light and then add the hot sweet potatoes. Let cool and then beat in the egg yolks and spices. Beat until light. Beat the two eggs (whites) stiff and fold in. Put into the pie tins lined with a good crust and bake at 400 degrees.

MRS. A. A. BARALIE, 238 State Street.

VINEGAR PIE

yolks of 2 eggs beaten
4 tablespoons vinegar
pinch of salt
¾ cup sugar
1 cup boiling water
1 tablespoon flour

Boil until thick. Pour into crust and bake. Make meringue from the whites of the eggs.

GLADYS W. PLUMMER, 487 Chancery Street.

Chapter XVI

DESSERTS AND PUDDINGS

"My dinner was noble and enough."
—*Pepys.*

In the days of Samuel Pepys men made a ceremony of eating. Dinner time was one of the most important hours of the day and a good meal gave them an unquestionable sense of content with life in general. But Pepys and his confreres never admitted that they had had what has been termed an elegant sufficiency until the dessert had been consumed and sped on its way with a draught of old canary. They appreciated the stratagem of the good cook who topped off her meal with some interesting kind of dessert. Only then did they cry "enough."

Nowadays people are prone to eat far less, except on more formal occasions, than they did even 25 years ago, and the dessert has all too often been the course that has been dropped from the menu. To those who are more or less indifferent toward sweets, this fact is of little importance. Most people, however, have a feeling of incompleteness, although their hunger may have been quite satisfied, when their meals end abruptly with no kind of light dessert to give the proper finishing touch.

Desserts bring more complete satisfaction, and a reasonable amount of satisfaction in meals, as in other things of life, is something to strive for. She who plans the meals does not quite fulfill the requirements of her office until she achieves this end. Therefore, madame housewife, look to your desserts!

APPLE DUMPLING

Make baking powder biscuit as follows:

2 cups flour
4 teaspoons baking powder
¾ teaspoon salt
¼ cup shortening
¾ cup milk

Mix and sift dry ingredients, work in shortening, add liquid gradually. Toss on floured board and roll ¼ inch thick. Place an apple (cored and pared) at center and cover with dough. Bake ½ hour or until apples are soft. Serve with HARD SAUCE or cream.

Hard Sauce

⅓ cup butter
1 cup powdered sugar
flavoring

Cream butter, add sugar and flavoring. Chill and serve with APPLE DUMPLING.

MRS. FRED BLANEY, Front Street, Marion

APPLE SLUMP WITH HARD SAUCE

Pare and cut into small slices 6 tart cooking apples. Add just enough water to prevent sticking and cook until tender. Sweeten to taste and drop by spoonfuls on the hot apple sauce the following batter:

2 cups flour
½ teaspoon (level) salt
2 heaping teaspoons baking powder
1 cup of milk

Sift dry ingredients thoroughly, add milk to make soft dough. Cook with tight cover 15 minutes.

Hard Sauce

¼ cup butter
1 cup powdered sugar
whites of 2 eggs (beaten dry)
1 teaspoon vanilla

Cream butter and sugar, add whites of eggs, then vanilla. Sprinkle with grated nutmeg and serve on hot slump.

MRS. WILLIAM L. LILLIE, North Dartmouth.
President Mother's Club First Universalist Church

APPLES STUFFED WITH DATES

Choose about 6 medium-sized apples, scoop out core. Stone dates, cut up and fill holes in apples. Bake in moderate oven, and when cold, dust over with grated cocoanut.

E. FOSTER, 26 Salisbury Street.

BABA

4 eggs
1½ cups sugar
½ cup butter
1½ cups milk
3 cups flour
½ cup citron
4 teaspoons baking powder
½ teaspoon mace

Beat eggs; add sugar and milk. Add all dry ingredients and beat until smooth. Add shredded citron. Melt butter in a large turks-head baking pan. Grease pan well and pour melted butter into batter. Beat. Pour batter into pan and bake in a moderate oven 1 hour. Serve with sauce.

Sauce for Baba

1 cup sugar
2 teaspoons vanilla
1 cup milk
2 squares chocolate

Melt chocolate over hot water. Boil sugar and milk gently about 10 minutes. Add to melted chocolate gradually. Stir vigorously. Add vanilla and pour hot syrup over hot Baba that is turned bottom up on a large plate. Sprinkle with powdered sugar. Serve hot.

J. W. WINSLOW, Wellfleet.
For Chequesset Grange.

BAKED APPLES WITH BANANA

6 large apples
1 cup white corn syrup
1 tablespoon butter
1½ bananas
6 marshmallows

Wipe, pare and core apples whole. Place in pan and add syrup and butter. Simmer slowly, turning apples frequently. Cook until tender and yet hold shape. Remove to baking dish and insert ¼ banana in each apple. Place a marshmallow on top of each apple. Pour syrup around and bake until marshmallows are puffy and brown. Serve at once.

MRS. IDELLA P. KIMBALL, 837 Pleasant Street.

BANANA BAUDYKA

Half fill sherbet glasses with sliced bananas. Fill with vanilla ice cream and cover with mousseline sauce.

Mousseline Sauce

1 egg
½ cup milk
½ cup sugar
½ cup whipped cream
1 teaspoon vanilla

Bring milk to a boil. Add sugar and egg, which must be well mixed together before being added. Set aside to cool, then add vanilla and whipped cream.

MRS. ELSBETH C. LONGDEN, 184 Washington Street

BANANA PUFFS

Use 1 banana for each person. Peel and roll in a little sugar and cinnamon. Roll in a thin pie crust. Bake in a hot oven 10 minutes. Serve with lemon sauce.

MRS. MARTHA NOYES, 19 Seventh Street.

BANBURY TARTS

1 cup chopped raisins
juice and rind (grated) of 1 lemon
1 cup sugar
1 egg
3 tablespoons water

Roll out rich pastry and cut in rounds, placing 1 teaspoon of mixture on round on top and press edges together firmly. Wet edges first with cold water. Bake quickly.

MRS. EDWARD E. CASEY, 1267 Rockdale Avenue

CANTALOUPE GLACE

Cantaloupe glace is a delicacy that is delicious. Take a good sized melon that has been thoroughly chilled, cut in half lengthwise and scrape out the seeds. Fill the hollow with vanilla ice cream, packing it in as firm as possible, leaving a little mound in the center. Place the two halves of the melon together tightly, thus forcing the cream up into the fruit causing the melon juice to mingle with the cream. Press the halves together. When ready to serve a knife run between the halves separates the fruit and slices the cream.

MRS. LOUISA NELSON, 43 Sherman Street.

GOOSEBERRY CHARLOTTE

2 pounds gooseberries
½ pound sugar
1 cup water
little gelatin

Boil gooseberries with sugar until fruit is reduced to a pulp. Put through a sieve. Dissolve a little gelatin in a cup of water and mix thoroughly with the gooseberries. Take a mold and line wth sponge cake. Pour gooseberries over them and put the mold in a cool place. Turn out the Charlotte, when set on a glass dish. Serve with custard or cream.

MARGARET FOSTER, 26 Salisbury Street.

ORANGE CHARLOTTE

⅓ box gelatin or
1⅓ tablespoons granulated gelatin
1⅓ cups cold water
⅓ cup boiling water
1 cup sugar
3 tablespoons lemon juice
1 cup orange juice and pulp
white of 3 eggs
whip from 2 cups cream

Soak gelatin in cold water, dissolve in boiling water, strain and add sugar, lemon juice, orange juice and pulp. Chill in pan of ice water. When quite thick beat with wire spoon or whisk until frothy, then add whites of eggs, beaten stiff, and fold in cream. Line a mold with sections of oranges, turn in mixture, smooth evenly, and chill.

MRS. FRED E. HILTON, 215 Hawthorn Street

ORANGE CHARLOTTE

1 tablespoon gelatin
⅓ cup cold water
⅓ cup boiling water
1 cup sugar
juice of 1 lemon
1 cup orange juice and pulp
3 eggs (whites only)

Line a mold or bowl with lady fingers. Soak gelatin in cold water until soft. Pour on the boiling water. Add sugar and lemon juice. Strain and add orange juice and pulp with a little grated rind. Cool. Beat whites of eggs stiff and when orange jelly begins to harden beat until light; add beaten whites and beat until stiff enough to drop. Pour in mold. Pile whipped cream on top after removed from mold.

MRS. CHARLES E. WOODWORTH, 127 Cottage Street.

PARADISE CHARLOTTE

1 envelope gelatin
¾ cup sugar
few grains salt
4 teaspoons postum
2 cups boiling water
6 marshmallows, cut fine
¼ teaspoon vanilla
1 cup heavy cream, whipped
½ cup pecans, coarsely cut (or walnuts)

Mix together well gelatin, sugar and salt. Dissolve postum in the boiling water; add gelatin mixture, stir until dissolved. Add marshmallows and stir over boiling water until they are dissolved. Chill. When slightly thickened whip with egg beater until consistency of whipped cream. Add vanilla to whipped cream and fold into gelatin mixture. Fold in nuts. Turn into mold. Chill until firm. Serve with any light cake. Serves eight.

MRS. H. ENGLAND, 288 Summer Street.

CHERRY PUFFS

1½ cups sugar
2 tablespoons corn syrup
⅓ cup cold water
pinch of salt
1 egg white
½ cup candied cherries
½ teaspoon almond extract

Mix sugar, syrup, water and salt and bring to the boiling point, stirring until the sugar is dissolved. Boil until a little tried in cold water forms a hard ball. Pour slowly onto the stiffly beaten egg white, beating all the time. Add cherries, cut in pieces, add flavoring. Beat until the mixture is stiff enough to hold its shape. Drop by spoonfuls onto wax paper and decorate with pieces of cherry.

MRS. ERNEST PARK, 97 Dartmouth Street.

CHOCOLATE BAVARIAN CREAM

2 squares chocolate	1 quart milk

Scald in double boiler. Add yolks of 4 eggs and 1 cup of sugar. When it begins to thicken add 1 envelope of gelatin dissolved in a little cold water and 1 teaspoon vanilla. Last add the stiffly beaten whites of the 4 eggs. Set aside to cool. Serve with whipped cream.

MRS. ALONZO N. ELDRIDGE, Chatham.

CHOCOLATE FLAVORED PUDDINE

4 tablespoons chocolate puddine	4 tablespoons sugar
	1 quart sweet milk

Mix altogether and put on a gentle fire and stir until it thickens and continue the stirring and boiling for 3 minutes after it thickens. Then pour into dish or molds. Set aside in a cold place for 1 hour. Serve with cream.

MRS. JOHN JASON, 430 Rockdale Avenue.

CHOCOLATE PARFAIT

Take a parfait glass and fill it half full of chocolate ice cream. Fill the remaining space with whipped cream and a little chocolate syrup. Beat all together well until it is stiff. Top with a cherry.

MRS. MARION BEAUSOLEIL, 96 Division Street.

CHOCOLATE ROULADE

5 eggs	½ cup sugar
2 tablespoons cocoa	¼ teaspoon salt

½ teaspoon vanilla

Beat yolks of eggs well and add sugar and cocoa. Gently fold in the beaten whites of eggs last. Cover bottom of a rectangular pan with a greased paper. Pour in the batter until the bottom is covered to a depth of about 1 inch. Bake 50 minutes at 300 degrees. Turn out with bottom of roulade on a damp cloth. Spread with ½ pint stiffly whipped cream. Roll as you would jelly roll and place in refrigerator until ready to use. Cover with chocolate sauce.

MRS. FRANK G. ALLEN, wife of Governor Allen.

Colonel Green's Favorite

OLD FASHIONED FRUIT COBBLER — (Any fruit in season)

2 cups flour
½ teaspoon salt
2 teaspoons baking powder
1 egg
¾ cup milk
any fruit desired
2 good teaspoons butter

Mix flour, salt and baking powder well and sift, work in butter, beat up egg in milk and make a dough. Roll out on a floured board and sprinkle well with what ever fruit you desire. (Cranberries, blueberries, peaches, gooseberries). Roll up after sweetening to taste in a cloth, tie well and steam for about 3 hours. Serve with hard sauce.

Hard Sauce:

Cream together ½ pound butter with granulated sugar, 1 teaspoon vanilla sauce.

WILLIAM H. LLOYD, Steward at Round Hill, South Dartmouth.

PEACH COBBLER

Butter the outside of a tea cup and invert in the water of a baking dish. Fill around with sliced peaches and sprinkle with sugar. Make a crust of:

2 cups flour
1 teaspoon baking powder
pinch of salt
2 tablespoons butter
1 egg well beaten
¾ cup milk

Mix butter with flour, baking powder and salt. Add milk and stir all ingredients together. Roll and cover peaches. Bake 20 to 30 minutes. Invert on plate for serving. The cup will be full of delicious syrup which may be used for sauce.

MRS. ARTHUR GOULART, 191 Washington Street

COFFEE MARSHMALLOW FLUFF

1 pound marshmallows
1 cup boiling hot coffee
½ pint whipped cream

Cut marshmallows in quite small pieces. Pour hot coffee over them and keep stirring until the marshmallows are almost dissolved. When cool stir in whipped cream which has been flavored with vanilla. Sugar if desired.

LENA MILLER, 364 Ash Street.

CRANBERRY JELLY TARTS

Line cup cake tins with a thin layer of pastry. Place in hot oven 6 minutes. Make a filling as follows:

1 small can of cranberry sauce
1 heaping tablespoon of sugar
½ cup boiling water

Stir well over fire until dissolved. When cool put dessert spoonful in each tart shell, previously baked. If desired a small quantity of whipped cream or custard placed on top before serving.

MRS. ADA HEYES, 65 Fern Street.

CRANBERRY TAPIOCA

½ cup minute tapioca
2 cups boiling water
3 cups cranberries
1 cup water
¾ cup sugar
1 tablespoon lemon juice
¼ cup brown sugar
1 tablespoon butter

Cook the tapioca and boiling water in double boiler until transparent. Make a sauce of the cranberries, water and sugar. Add the lemon juice to this. Butter a baking dish and make alternate layers of the sauce and cooked tapioca. Sprinkle the top with the brown sugar and bits of butter. Bake in moderate oven. Serve hot or cold.

MRS. WILLIAM J. FRAWLEY, 190 Merrimac Street

CREAM CHEESE TORTE — (With Zwieback)

For Filling:

1½ pounds cream cheese
1 cup sugar
4 eggs (separated)
½ pint cream
pinch salt
1 teaspoon lemon juice

For Crust:

1 package zwieback, (6 ounce)
1 tablespoon cinnamon
1 tablespoon melted butter

Grind zwieback fine through meat grinder, mix with cinnamon and melted butter. Butter a 9 inch spring form well, spread and press zwieback mixture on bottom and sides of form, saving half the mixture for the top. Cream thoroughly the cream cheese with the sugar. Beat 4 egg yolks and add to mixture. Whip the cream and add. Beat 4 egg whites stiff and add. To this mixture add lemon juice and salt and stir together till smooth. Pour mixture into zwieback lined form, sprinkle remaining zwieback over top, and bake in moderate oven 1 hour. Turn off heat, let stand in oven 1 hour or until cooled, before removing from spring form. This recipe makes 12 portions.

MRS. HAMMON L. WOLLISON, 47 Carroll Street.
President of Jewish Prof. Women's Club.

CREAM PUFF SHELLS

½ cup butter
1 cup boiling water
4 eggs
1 cup bread flour

Pour butter and water in saucepan and heat until boiling point is reached. Then add all the flour and stir vigorously. Remove from fire as soon as mixed, or as soon as mixture forms a ball in pan and add unbeaten eggs one at a time, beating thoroughly. Drop by spoonfuls on buttered sheet, bake 30 minutes in moderate oven. If cream cakes are removed from the oven before being thoroughly cooked they will fall. If in doubt take one from the oven to try.

Cream Filling

⅞ cup sugar
⅓ cup flour
⅓ teaspoon salt
2 eggs
2 cups scalded milk
1 teaspoon vanilla or lemon

Mix dry ingredients; add eggs slightly beaten and flour in gradually, scalded milk. Cook in double boiler until thick.

MRS. WILLIAM J. POISSON, 372 Maple Street.

BAKED COCOANUT CUSTARD

1 pint of milk
3 tablespoons sugar
3 eggs
¼ teaspoon salt
8 or 9 tablespoons grated cocoanut

Scald the milk, beat the eggs slightly. Add the sugar and salt. Scald milk and add last of all the cocoanut. Pour into cups or a shallow baking dish. Bake until firm about 30 to 40 minutes.

MRS. J. N. JENNEY, 311 Summer Street.

BREAD AND BUTTER CUSTARD

4 eggs, beaten
¾ cup granulated sugar
¼ teaspoon nutmeg
¼ teaspoon salt
1 quart milk

Use 4 slices buttered white bread. Combine ingredients in order given. Place in a pudding dish with bread on top. Bake about 35 minutes, 375 F. reducing heat after pudding is warmed through. Serve warm with whipped cream flavored with vanilla.

MRS. WILLIAM BEEHAN, 141 Willis Street.

CARAMEL CUSTARD

Put 1 cup sugar into sauce pan and put on stove to caramelize, or melt, until brown. Put 1 quart milk into double boiler and scald, then add to sugar. Beat 4 eggs well, then add ¼ cup sugar, pinch salt and add to the scalded milk mixture. Flavor with vanilla and bake as custard.

MRS. ANITA MORTON, Vineyard Haven.

CHOCOLATE MACAROON CUSTARDS

Cook 1 ounce grated chocolate in ¼ cup water until thick, so that the spoon leaves its impression in the mixture. Add ¼ cup sugar and a pint of milk, and stir until it boils. Remove from fire, let cool somewhat and stir in the beaten yolks of 4 eggs, or 2 whole eggs. Return to fire and stir until the custard coats the spoon. Have ready ½ dozen macaroons, dried in the oven, allowed to cool and become crisp, then rolled and sifted. Mix with these ¼ cup pecans, and stir all into the custard. Pour into cups and stand in hot water, in a baking pan, and cook in moderate oven until set. Serve in cups in which they were baked, with a topping of whipped cream and bits of angelica.

DORINA THIVIERGE, 52 Ashley Street.

COCOANUT CUP CUSTARD

3 eggs, slightly beaten
6 tablespoons sugar
¼ teaspoon salt
⅛ teaspoon nutmeg
¾ cup cocoanut
3 cups milk, scalded

Combine eggs, sugar, salt, nutmeg and cocoanut. Add milk gradually. Pour into individual baking dishes, place in pan of hot water and bake in slow oven 300 F. 35 to 40 minutes, or until knife inserted comes out clean. Chill. Serves six.

MRS. P. J. NORTON, 497 W. Middle Street.

COFFEE CUSTARD

¼ box gelatin or 1 package minute gelatin
½ cup liquid coffee
2 eggs
small cup sugar
vanilla
½ pint cream
1 cup of milk

Heat milk in double boiler and add egg and sugar blended. When custard thickens remove from fire and add gelatin soaked in coffee and vanilla. When cool add cream whipped.

MRS. EVERETT M. CUSHMAN, 137 Elm Street, Dartmouth
Regent Fort Phoenix D. A. R.

FLOATING ISLAND CUSTARDS

1 pint milk
2 egg yolks
½ teaspoon salt
¼ cup sugar
1 teaspoon cornstarch
½ teaspoon vanilla

Meringue

Make a soft custard. Prepare the meringue as follows:

2 egg whites
2 tablespoons sugar

Drop the meringue by spoonsful on custards. If desired garnish the meringue with bits of jelly.

MARGARET BOYLE, 21 Rural Street.

FRUIT CUSTARD

4 cups milk
1 egg
pinch salt
½ cup sugar
5 tablespoons cornstarch
¾ teaspoon vanilla

Scald milk in double boiler. Mix sugar, cornstarch and salt and add enough cold milk to make a smooth paste. Add to scalded milk, stirring constantly and cook about 15 minutes or until all taste of cornstarch is gone. Add beaten egg and vanilla. Remove from fire and when cool, pour over 1 diced orange, ½ cup pineapple. This serves about 10 persons.

MRS. LILLIAN FRANCIS, 81 Francis Street.

MACAROON CUSTARD

1 pint of milk
2 eggs
¼ teaspoon salt
2 tablespoons sugar
1 teaspoon vanilla
½ cup cold water
¼ pound dry macaroons
1½ tablespoons gelatin

Heat milk in double boiler; add beaten eggs, sugar and salt. Cook until custard coats the spoon. Add gelatin which has been soaked in cold water, dissolve and strain custard. Roll macaroons fine and when ready to serve take custard in spoonfuls and sprinkle in powdered macaroons. Serve with sweetened and flavored whipped cream.

MRS. H. W. GRACIA, 476 Maxfield Street.

MACAROON CUSTARD

1 quart scalded milk
2 tablespoons cornstarch
4 eggs
½ cup sugar
⅛ teaspoon salt
8 crushed macaroons
1 teaspoon vanilla

Scald milk in double boiler and thicken with cornstarch. Beat eggs, add sugar, salt and macaroons and pour the hot mixture over them. Return to double boiler and cook until custard thickens sufficiently to coat a spoon. Remove from fire and add vanilla. Cool. Serve with whipped cream.

MRS. E. M. WESTGATE, 132 Green Street.

ORANGE MARSHMALLOW CUSTARD

Cut 4 oranges into small pieces and add to them 5 tablespoons marshmallow creme. Make a custard with the following:

1 quart of milk
2 level tablespoons cornstarch
1 cup sugar
2 well beaten eggs
1 teaspoon orange extract

Bring milk to the boiling point and add cornstarch, sugar and well beaten eggs. Cook the custard until fairly thick. Add orange extract or any flavoring desired. Then cool and pour over the oranges, stirring slightly. Bananas or pineapple may be used instead of the oranges.

MRS. ETTA B. CHASE, Hathaway Road, North Dartmouth

PRUNE CUSTARD

1 cup prune juice
2 egg yolks or 1 egg beaten
1 teaspoon cinnamon
2 teaspoons lemon juice
¼ teaspoon almond extract
pinch of salt

Cook in double boiler, stirring constantly until thickened. Pour into glasses and chill.

MRS. A. KARCHER, 56 Nye Street.

FLOATING ISLANDS

whites of 3 eggs
pinch of salt
1 teaspoon powdered sugar
1 drop flavoring
1 pint milk

To the whites of eggs add salt and whip stiff. Add powdered sugar and flavoring. Scald milk in large pan. Shape whites in tablespoon and drop a few at a time in the hot milk. Turn until cooked, lift out with spoon and lay on platter. When all are cooked make a sauce with the following:

egg yolks
milk
1½ tablespoons sugar
½ teaspoon cornstarch

Pour over whites and serve.

MRS. E. LAMB, 14 Bolton Street.

FRUITED JELLO

Dissolve a package of Lemon Jello. When setting put in sliced bananas and large seedless grapes cut in quarters, also about 4 or 5 slices pears. Set away in a cool place to harden.

MRS. ELLEN NELSON, 24 Dudley Street.

GINGER CREAM

½ box gelatin
½ cup water
1 pint milk
yolks of 4 eggs, beaten
½ cup sugar
½ saltspoon salt
1 tablespoon wine
1 tablespoon maple syrup
4 tablespoons ginger syrup
¼ pound ginger
1 pint whipped cream

Soak gelatin in water. Boil milk and add the beaten yolks of eggs, sugar, salt. Cook until it thickens, then add gelatin and strain into a pan, set on ice. Add wine, maple syrup, ginger syrup, and ginger. Cut in small pieces. Turn and stir rapidly and when thick add whipped cream. Turn into a mold.

MRS. NAT SMITH, Howland Place.

HUCKLEBERRY DUMPLING

1 quart huckleberries fresh or canned
1 cup water
1 cup sugar
pinch of salt
¼ teaspoon nutmeg

Stew until about half done, then add dumpling mixture.

Dumpling:

1½ cups flour
2 teaspoons baking powder
½ teaspoon salt
¾ cup milk

Drop with spoon on top of huckleberries and cook 20 minutes, tightly covered. Serve with egg sauce or whipped cream.

MRS. WILLIAM C. HAWES, 7 Doane Street, Fairhaven
President of N. B. Mother's Club.

ISHBEL MacDONALD'S DELIGHT

1 pint milk
1 cup water
½ cup sugar
1 tablespoon tapioca
½ cup grapenuts
2 eggs
1 5c bar sweet chocolate

Put the milk, water and bar of chocolate in double boiler and heat until the chocolate is melted then add sugar, tapioca, and grapenuts. Stir while heating for 15 minutes. Add well beaten eggs and cook for 5 minutes. Serve with whipped cream with dash of chocolate sprinkles.

MRS. RAYMOND JANSON, 206 Ashley Blvd.

IRISH MOSS BLANC MANGE

⅓ cup Irish moss (or sea moss)
¼ teaspoon salt
1½ teaspoons vanilla
4 cups milk

Soak moss 15 minutes in cold water to cover, drain, pick over and add to milk. Cook in double boiler 30 minutes. The milk will seem but little thicker than when put on to cook, but if cooked longer, blanc mange will be too stiff. Add salt, strain, flavor, restrain and fill individual molds previously dipped in cold water. Chill, turn on glass dish, surround with thin slices of banana or any desired fruit and place a slice on each mold. Serve with sugar and cream.

MRS. CHARLES A. BRIGGS, 111 Park Street.

JACK FROST DESSERT

1 level tablespoon gelatin
¼ cup cold water
1 cup boiling water
¾ cup sugar
¼ cup lemon juice
grated rind of 1 lemon
2 egg whites

Soak gelatin in cold water about 5 minutes, then dissolve in boiling water. Add sugar, lemon juice and grated rind. Strain and set aside. Occasionally stir mixture and when quite thick stir with a spoon until frothy. Add stiffly beaten whites, and continue beating until stiff enough to hold its shape. Pile by spoonfuls on glass dish. Chill and serve with a custard made from yolks of the eggs. A very attractive dish may be made by coloring half the mixture red.

MRS. BERNICE FAGAN, 33 Fruit St.

JAVA CREAM

2 tablespoons minute tapioca
2 cups scalded milk
¼ cup sugar
1 egg white stiffly beaten
⅛ teaspoon salt
1 egg yolk slightly beaten
¾ cup cocoanut
½ teaspoon vanilla

Cook tapioca and salt in milk in double boiler 15 minutes or until tapioca is clear, stirring frequently. Combine egg yolk and sugar. Pour small amount of tapioca mixture over egg and sugar. Return to double boiler and cook until thickened. Remove from fire and add cocoanut. Cool, fold in white of egg and vanilla. Serve hot. Serves eight.

MRS. MABEL ELLIS, 18 Mill Street.

JELLO TRIFLE — (Dessert)

Dissolve 1 package of Jello, any flavor. When cool, pour into deep dessert or trifle dish. When beginning to set, put in a layer of lady fingers or sponge cake. Make a custard, and when cool, pour over and allow to set. Make a different flavored Jello, and when almost set pour over custard. Before serving, top with whipped cream, flavored with vanilla and a little sugar. If desired more elaborate, sliced peaches, or cherries may be put on top of cream.

MRS. HEALD, 44 Willard Street.

LADY FINGERS

3 eggs
grated rind of ½ lemon
½ cup sugar
⅝ cup flour

Beat yolks of eggs thick, add grated rind of lemon and sugar. Fold into this mixture alternately the whites of eggs beaten very light and flour. Fill lady finger pans ½ full and dredge with sugar. Bake 15 minutes.

KATHERINE KELLY, 930 Kempton Street.

LEMON CREAM FRUIT FLUFF

1 medium-sized can white cherries, stoned
½ ℔. marshmallows, diced
1 medium-sized can sliced pineapple, diced
3 sliced oranges
6 sliced bananas

Put fruit into glass serving dish with marshmallows on top. Cover, but do not mix with the cream made as follows; cook yolks of 2 eggs and the juice of ½ lemon over hot water until thick. Add ½ pint cream beaten stiff, a spoonful at a time until cream has been beaten in. Always put cream into egg mixture to prevent curdling. Put into ice box until ready to serve, then toss lightly together and serve in sherbet glasses. This is delicious when served with sponge cake or any plain cake.

MRS. J. T. TIMPERLEY, Jr., 77 Smith Street.

LUXERO ICE CREAM CAKE

Use two slices of plain cake with vanilla ice cream sandwiched in and then pour over it a BUTTERSCOTCH SAUCE made thus:

1¼ cups brown sugar
⅔ cup corn syrup
4 tablespoons butter
⅜ cup cream

Put sugar, corn syrup and butter in sauce pan and bring to boiling point. Let boil until a soft ball is formed in cold water. Then add cream. Pour over cake while warm. Add pecan nuts.

MARIE E. PARENT, 56 Foster Street.

"LUXURY" DESSERT

¾ cup granulated sugar
¼ cup butter
2 well beaten eggs
1½ cups flour
1 teaspoon baking powder
¾ cup sweet milk

Mix sugar with butter; add eggs. Sift together the flour and baking powder and add to first mixture alternately with sweet milk. Vanilla flavoring. Bake in muffin tins. When cold cut off tops and remove piece from centers. Fill with a sweetened, flavored whipped cream and replace tops. Serve with the following Hot Fudge Sauce:

½ cup butter, melted
2 cups sugar
½ cup cocoa
2 cups milk
flavor with vanilla

Melt butter and add sugar, cocoa and milk. Cook 4 minutes until well blended. Remove from fire. Flavor. Pour hot sauce over the filled cake and serve at once.

MONA REMINGTON, 415 County Street.

MACAROON BISQUE

1 cup heavy cream
powdered sugar
vanilla
18 macaroons
6 maraschino cherries

Whip a cup of cream until stiff, sweeten with powdered sugar and flavor with vanilla. Stir in 6 macaroons broken in small pieces. Pile in sherbet glasses with a border of the whole macaroon and decorate with marshmallows or maraschino cherries. This is an excellent emergency dessert.

MRS. CHARLOTTE SOUZA, East Falmouth.

MAPLE WALNUT TAPIOCA

1 pint milk
⅓ cup tapioca
½ teaspoon salt
1 cup maple syrup
1 egg
⅓ cup walnut meats, cut

Heat milk in double boiler. Add tapioca, salt and maple syrup. Cook 15 minutes. Pour a small amount of the mixture over the slightly beaten egg yolk. Return to double boiler and cook until it thickens like custard, about three minutes. Stir frequently. Cool slightly and add the walnut meats. Fold in the stiffly beaten egg white. Serve cold with whipped cream garnished with halves of walnut meats or serve with top milk.

MISS JENNIE E. CHAPIN, 11 Doan Street, Fairhaven.

NUT OMELET WITH CARAMEL SAUCE

3 eggs, beaten separately
⅛ teaspoon salt
3 tablespoons caramel
vanilla to flavor

Prepare same as plain omelet, using caramel instead of water to dilute the eggs. Put butter size of walnut into hot omelet pan and cover bottom of pan with blanched and shredded almonds. Turn in mixture, cook, turn and fold. Serve with caramel sauce.

Caramel Sauce

Put 1 cup sugar into frying pan and melt, stirring constantly, until syrup is light brown. Add quickly ¾ cup hot water and simmer from eight to ten minutes.

MRS. JAS. I. WILDE, 28 Mott Street.

ORANGE FILLED WITH TRANSPARENT JELLY

Select ½ dozen oranges without specks on the rind. Make a hole at the stalk end with a circular tin cutter. Then use small teaspoon to remove all the pulp. When this is done, soak the orange in cold water for one hour. Then scrape insides smooth, rinse them out and drain. Stop up any hole that may have been made while scraping inside. Set the oranges in cracked ice. Fill three of them with bright pink orange jelly, the remainder with plain jelly or whatever flavor desired. When the jelly has become firm, wipe the orange with clean cloth and cut each into four quarters and serve.

JOSEPH H. GONSALVES, Blue Moon Chef.

PEACH BASKET TURNOVER

2 egg yolks
1 cup sugar
½ cup hot water
2 egg whites
1 cup flour
1 teaspoon baking powder
¼ teaspoon salt
1 teaspoon vanilla
1 cup brown sugar
2 tablespoons shortening
1 can sliced peaches
¼ teaspoon salt

Beat egg yolks and ½ cup sugar together until light. Add hot water and remaining sugar and beat 5 minutes. Fold in stiffly beaten egg whites. Mix and sift flour, baking powder and ¼ teaspoon salt. Add to first mixture and mix well. Add vanilla. Cream brown sugar and shortening, add peaches and ¼ teaspoon salt, put in shallow greased baking dish. Pour cake batter over the mixture and bake in hot oven 45 minutes. Serve with the fruit juice and whipped cream.

EVELYN LEONARD, R. F. D. No. 1.

PEACH MELBA

First drain liquid from a can of peaches; add liquid to enough milk to make one quart. Put in a double boiler and add ¼ cup tapioca and boil 15 minutes. Add:

½ cup sugar
pinch of salt
1 tablespoon butter

Cook until all is blended and remove from fire. Add vanilla. Place in sherbet glasses with ½ a peach. Pour on cream tapioca, and on top of each glass another ½ peach. Top with whipped cream. This makes a delicious dessert for 8 people. Serve with lemon or vanilla wafers.

MRS. ISABELLA RAISTRICK, 218 Whitman Street

PINEAPPLE BAVARIAN

1 package lemon Jell-O
1 cup canned grated pineapple
1 cup canned pineapple juice
1 cup boiling water
⅛ teaspoon salt
1 cup cream, whipped and sweetened with 3 tablespoons sugar

Dissolve Jell-O in boiling water. Add pineapple juice and salt. Chill. When slightly thickened, beat with egg beater until consistency of whipped cream. Fold in pineapple and whipped cream. Chill in sherbet glasses and garnish with chopped nuts.

MRS. L. A. STURGES, Barnstable.

PINEAPPLE AND TAPIOCA CREAM

Soak 2 small cups minute tapioca a short time, then simmer in double boiler until clear, adding more water as required. Add:

2 cups sugar
juice of 2 lemons
small can grated pineapple
whites of 2 eggs

Fold in stiffly beaten whites of eggs and serve cold with cream.

MRS. JAMES FORD, 418 Wilson Road, Fall River.

PINEAPPLE NAPOLEONS

Bake a rich pastry crust or puff paste and cut immediately into squares. Spread first crust with a ½ inch layer of well drained crushed pineapple and sprinkle with powdered sugar. Add another crust and spread with whipped cream. Put on the top crust and garnish with pineapple and cream.

MRS. V. PIMENTAL, 81 Dartmouth Street.

"PLUM DUFF"

1 quart flour
little salt
piece of lard size of egg
2½ teaspoons baking powder
1 cup raisins

Sift flour well. Stir ingredients together until soft. Put in steamer and steam 1½ hours.

"The side of the duff that has the most raisins goes to the Captain!"

CAPT. I. M. SWAIN, Steward at N. B. Yacht Club, So. Dartmouth.

POACHED PEACH

Half a cooked or canned peach is laid on a round slice of stale sponge cake surrounded by a meringue flavored with orange, and delicately browned. Custard sauce with nuts chopped, or slices of fruit added, make a delicious dessert.

EDITH W. WILLIS, 52 Seventh Street.

QUEEN'S DAINTY

1 pound grapes
1 cup whipped cream
2 cups marshmallows

Cut grapes and marshmallows and mix; serve in cups. Small cubes of pineapple may be used in place of grapes or both.

MRS. EMMA VAUGHAN, 282 Russells Mills Rd, So. Dartmouth.

QUICK DESSERT

½ pound marshmallows
1 cup boiling coffee
1 jar of cream

Stir coffee and marshmallows until smooth mass and when cooled fold in whipped cream. Pour into buttered molds.

MRS. FREDERICK E. ALLEN, 613 County Street

REBECCA WONDERS

Make a good rich pie crust. Roll out and line gem pans with crust, then put a tablespoon of jam or jelly in them. Have ready a good 1 egg cake mixture. Drop a tablespoonful of the cake mixture on the jam and bake in a moderate oven until top is a golden brown.

MRS. L. BREAKELL, 574 Kempton Street.

RASPBERRY ROLL DESSERT

1½ cups flour
2 teaspoons baking powder
¼ teaspoon salt
3 tablespoons butter

Cut butter in. Mix with milk consistency to roll easily. Spread thick with raspberry jam (not too near the edges as it will crush out in rolling). Roll as jelly roll and cut in 1 inch slices (9 pieces). Put in buttered glass baking dish.

1 cup sugar
1 cup water
juice and rind of 1 lemon
2 tablespoons butter

Boil sugar, water and juice for 5 minutes. Add butter. Pour over above mixture when it has cooled partially. Bake in hot oven 25 minutes. Serve in portions with whipped cream.

MRS. WALTER ROBBINS, 22 Buttonwood Street.

SNOWBALLS WITH HOT MARSHMALLOW SAUCE

½ cup butter
1 cup sugar
3½ teaspoons baking powder
2¼ cups flour
⅛ teaspoon salt
½ cup milk
1 teaspoon orange extract
4 egg whites

For Snowballs cream butter; add sugar gradually. Sift flour, baking powder and salt together; add to first mixture alternately with milk; add extract, beat egg whites stiff. Fold into mixture and beat well. Fill buttered cups ⅔ full, cover with greased papers and steam for 35 minutes. Serve hot with sauce.

For Hot Marshmallow Sauce:

20 marshmallows
1 cup sugar
sherry wine or fruit juice
to flavor
½ cup water

Soften marshmallows in a moderate oven but do not brown them. Put sugar and water into a sauce pan and boil until syrup spins a thread when tested in cold water or registers 218 F. by candy thermometer. Add marshmallows and beat until mixture is smooth; flavor with sherry wine or fruit juice. Keep hot in double boiler. If sauce seems too thick, add boiling water. Drop by drop until of right consistency. Sufficient for 10 snowballs.

MRS. B. J. HARRISON, 14 Garrison Street, Fairhaven.

SNOW BALLS

½ cup butter
1 cup sugar
2¼ cups flour
2 level teaspoons baking powder
½ cup milk
4 egg whites

Cream the butter; add gradually the sugar and milk. Add the egg whites beaten until stiff. Steam in buttered cups 35 minutes. Serve with preserved quince.

MRS. T. HATCH, 22 Cove Road, So. Dartmouth.

COFFEE SOUFFLE

1 cup strong coffee
1 cup sugar
2 heaping teaspoons gelatin
1 cup milk
3 eggs
1 teaspoon vanilla

Scald coffee, milk, gelatin and half the sugar, then add the yolks of eggs well beaten with the rest of the sugar. Beat for a few minutes. Take off fire, add the vanilla, beat the whites of eggs and fold in. Serve with whipped cream.

MRS. ANNA METHOT, 132 Nye Street

CHOCOLATE SOUFFLE

1 package of orange gelatin
¾ cup sugar
1½ cups boiling water
3 egg whites
3 squares cooking chocolate
1 teaspoon vanilla

Dissolve gelatin and sugar in boiling water. Cool. Beat egg whites stiff and dry and add gradually to gelatin after it has become syrupy but not thick; beating after each addition. Add melted chocolate. Beat. Add vanilla. Set in pan of cold water. Beat until it holds shape. Put in mold and chill. Serve with whipped cream.

MRS. C. B. HAMBLY, Taunton Road, Lakeville

PRUNE SOUFFLE

½ cup chopped nuts
½ cup grated bread crumbs
2 tablespoons sugar
¼ teaspoon salt
⅙ teaspoon cinnamon
½ cup prune juice
1 tablespoon lemon juice
1 cup prune pulp
2 eggs
grated rind of 1 lemon

Mix the first six ingredients. Remove the stones from the cooked prunes and force the pulp through a sieve. Add lemon juice and prune pulp. Stir in dry ingredients. Add yolks of eggs beaten until light and lemon color. Fold in whites beaten until stiff. Turn into greased baking dish and bake in a slow oven.

INEZ HAMMOND, Mashpee

ORANGE SOUFFLE

2 tablespoons granulated gelatin
½ cup cold water
1½ cups of boiling water
1½ cups orange juice
3 tablespoons lemon juice
cup whipped cream
1 cup sugar

Soak gelatin and cold water for 5 minutes. Then add sugar and boiling water and cook until sugar is dissolved. Add gelatin, orange juice and lemon juice. Pour half into shallow dish and chill. Let the remainder stand until it begins to set. Then fold in the whipped cream. When ready to serve garnish with the plain jelly cut into cubes. Serves eight.

MRS. RICHMOND WOOD, 117 Cottage Street,
President of N. B. Day Nursery

TORTONI

1 cup scalded milk
1 scant tablespoon gelatin
2 tablespoons cold milk
¾ cup sugar
2 eggs
½ pint heavy cream
1 teaspoon vanilla
pinch of salt

Beat eggs separately, add yolks to sugar and stir in scalded milk. Add gelatin dissolved in cold milk until thick. Cool. Add stiffly beaten whites and then stiffly beaten cream. Add flavoring and salt. Put into individual molds and chill on ice. When ready to serve grate stale macaroons on top and garnish with a maraschino cherry.

MRS. WILLIAM A. CARROLL, 295 Arnold Street

APRICOT WHIP

½ pound apricots
1 cup sugar
beaten whites of 2 eggs

Wash apricots and cook slowly until soft. Add sugar and cook 10 minutes. Cool and add gradually the beaten whites of eggs. Serve with Soft Custard:

1 cup scalded milk
yolks of 2 eggs
2 tablespoons sugar
pinch of salt
½ teaspoon vanilla

Beat the eggs, add sugar and salt. Pour on gradually the milk. Cook until it thickens. Cool and add vanilla.

MRS. JOSIE CLEVELAND, 173 Arnold Street

TROPICAL SNOW

10 sweet oranges
1 cocoanut
2 glasses sherry
1 cup powdered sugar
6 bananas

Peel and cut the oranges small, taking out the seeds. Put a layer in a glass bowl and wet with wine. Sprinkle with sugar. Next, put a layer of grated cocoanut, slice the bananas, then cover the cocoanut with them. When the dish has been filled in this order, heap with cocoanut. Eat soon or the oranges will toughen.

JACK FRASIER, 450 Acushnet Avenue

BANANA SNOW WHIP

slice 3 bananas
½ cup powdered sugar
2 tablespoons lemon juice
1 cup whipped cream
whites of 2 eggs, beaten stiff
1 cup grated cocoanut

Slice bananas; add powdered sugar and lemon juice. Let stand in cool place 1 hour. Then mash and beat until light. Add whipped cream stiffly beaten, whites of 2 eggs and grated cocoanut. Serve very cold.

ANNA FURTADO, 71 Lucas Street

GRAPE WHIP

2 tablespoons granulated gelatin
½ cup grape juice
¼ cup lemon juice
¾ cup sugar
1½ cups boiling water
whites of 2 eggs

Mix first four ingredients together and let stand until gelatin softens. Add boiling water and stir well. Cool and let set slightly then beat with egg beater until frothy; add beaten egg whites. Whip in well. Put in Frappe glasses and let harden. Serve with whipped cream.

BERTHA LAVOIE, 183 Ash Street

PINEAPPLE WHIP

2 packages lemon Jello
1 can grated pineapple
½ pint of cream
1 cup sugar

Make Jello over night and in the morning take spoon and chop in pieces. Add the pineapple from which the juice has been taken, sugar and the cream which has been whipped altogether. Set away for a few hours until well set.

MRS. P. A. MANCHESTER, 3077 47th St., Astoria, Long Island

PINEAPPLE SPONGE WHIP

3 eggs
1 cup domino granulated sugar
1 cup flour
1 teaspoon baking powder
¼ cup cold water
1 teaspoon vanilla
¼ teaspoon salt

Beat the yolks until thick and lemon colored, add sugar and cold water, then vanilla. Fold in the whites of eggs which have been beaten stiff and dry and fold in the flour which has been sifted with salt and baking powder. Bake 45 minutes to 1 hour in slow oven. When cool cover with the following mixture:

½ cup domino powdered sugar
½ cup strained canned grated pineapple
2 egg whites

Whip altogether until thick enough to spread on cake and cut it. Top with cherries and serve.

MRS. EDMOND BOUCHER, 51 Milford Street

RASPBERRY WHIP

1¼ cups raspberries
1 cup powdered sugar
white of 1 egg

Put ingredients in bowl and beat with wire whisk until stiff enough to hold shape; about 30 minutes will be required for beating. Pile lightly on dish, chill, surround with lady fingers and serve with boiled custard.

MRS. LAURENCE S. PERRY, 79 Campbell Street

RICE WHIP

¼ cup rice
1 pint milk
¾ cup sugar
½ teaspoon salt
1 teaspoon vanilla
1 package minute gelatin
white of 1 egg
½ pint whipped cream

Boil rice in salted water 20 minutes; drain and add milk and sugar. Cook until rice is soft. Add salt, vanilla, and gelatin. Let cool, add white of egg beaten dry, and last whipped cream. Mold and serve with hot chocolate sauce.

MRS. MARSHALL SIEBENMANN, West Harwich

WALNUT WHIP

1 pint milk
1 cup light brown sugar
2 teaspoons cornstarch
½ cup chopped walnut meats
1 teaspoon vanilla extract
walnuts
flavoring
whipped cream

Heat milk in double boiler, dissolve cornstarch in a little cold milk; add this and sugar to hot milk. Cook until thick and smooth. Remove from fire and when cold add walnuts and flavoring. Serve in glasses with whipped cream.

MRS. GEORGE RACINE, Jr., 1616 Acushnet Avenue

APPLE PUDDING

4 cups flour
6 teaspoons baking powder
1 tablespoon butter
1 tablespoon lard, rounded
½ cup sugar
2 eggs beaten lightly
2 cups of milk
4 or 5 apples
cinnamon

Cut up apples, shake some sugar and cinnamon over them and mix into flour. Add other ingredients, adding the milk last. Steam for 3 hours.

SAUCE:

3 eggs
vanilla
3 tablespoons sugar

Beat eggs separately. Add ½ sugar to yolks and other ½ sugar to whites. Mix together and flavor with the vanilla.

MRS. A. EDITH BARROWS, Anchorage by the Sea

APPLE BATTER PUDDING

Fill dish with sliced apples and pour over the top a batter of:

½ cup sugar
1 tablespoon butter
1 egg
½ cup milk
1 cup flour
1 teaspoon baking powder

Sift flour and baking powder together. Beat batter well, and bake 30 minutes.

MISS ANNE L. SOUSA, Santuit

APPLE AND CAKE PUDDING

In a glass baking dish, half filled with slices of cooking apples, add a cup of sugar and a little nutmeg. Pour over a Lightning Cake dough and bake as any ordinary cake.

LIGHTNING CAKE:

1 cup flour
1 cup sugar
2 teaspoons baking powder
dash of salt
flavor
2 tablespoons butter
2 whole eggs

Sift flour, sugar, baking powder and salt together. Add flavor. Into a cup melt butter, add eggs, fill cup with milk. Add to dry ingredients, beat hard for 5 minutes. For a variety use rhubarb or berries such as: blueberries or raspberries in place of apples. All are very good. Invert servings and top fruits with sweet cream, plain. Good hot or cold.

ARCELLA POTVIN, 667 Cottage Street

APPLE GINGER PUDDING

8 tart apples
½ cup sugar
¼ teaspoon cinnamon
1 cup molasses
½ cup sour milk
1 teaspoon soda
2¼ cups flour
1 egg
1 teaspoon ginger
1 teaspoon salt
3 tablespoons butter
1 teaspoon baking powder

Mix molasses and sour milk together. Sift dry ingredients and add to first mixture. Add melted butter and egg well beaten. Beat well. Peel, quarter and core apples, and steam until soft. Turn into shallow pan (agate). Mix sugar and nutmeg and sprinkle over apples. Spread first mixture over apples and bake 45 minutes or more. Serve with lemon sauce or whipped cream.

MRS. J. GARLINGTON, 162 Clara Street

APPLE SAUCE PUDDING

2 tablespoons butter
1 cup sugar
1 egg
1 cup milk
1 cup flour, sifted
1½ teaspoons baking powder
2 cups apple sauce

Mix butter with sugar. Add egg, milk, flour sifted three times with baking powder. Have pudding dish ready with apple sauce in it. Pour mixture evenly over the apple sauce. Bake in moderate oven ½ hour. When placing in dishes, have apples on top. Serve with strained apple sauce or cream.

MRS. E. J. SULLIVAN, 33 Parker Street

APPLE SURPRISE PUDDING

6 medium apples
2 tablespoons butter
1 cup sugar

Pare apples and slice very thin. Put a layer of slices in a greased baking dish, sprinkle liberally with sugar, then add another layer of apple slices. Repeat until apples are all used. The top layer should be sugared. Dot this layer with butter. Cover dish and bake in a moderate oven. When cold it will turn out like a mold of jelly. Delicious with whipped cream. Bake in oven 2 hours. Serves six persons.

EVA RIOUX, 225 Earle Street

CHOCOLATE PUDDING (Cold)

2¼ teaspoons gelatin
2 cups milk
3 eggs
½ cup sugar
2 heaping tablespoons cocoa
1 teaspoon vanilla

Soak gelatin in milk, add yolks of eggs, sugar and cocoa. Cook together a few minutes in a double boiler. Take from fire and cool, then add beaten whites of eggs, and vanilla. Serve with whipped cream.

MRS. A. J. FORD, 145 Grove Street, Fall River, Mass.

CHOCOLATE PUDDING AND SAUCE

1 tablespoon butter
2 squares chocolate
½ cup sugar
yolks of 2 eggs
1 whole egg
½ cup milk
1 cup flour
1 teaspoon baking powder

Melt butter and chocolate together in little saucepan over hot water. Mix together sugar, egg yolks, whole egg, milk, flour and baking powder, then add chocolate mixture. Put in steamer and steam for 3 hours.

SAUCE:

whites of 2 eggs
4 tablespoons melted butter
8 tablespoons confectioner's sugar

Beat eggs stiff and add melted butter and sugar. Serve on pudding.

MISS MAUDE SUMNER, 2112 Acushnet Avenue,
President of N. B. Woman's Club

CHOCOLATE BREAD PUDDING

Cut whole wheat bread in small pieces, moisten with a little cold water and drain. Then add:

2 heaping cups moistened bread
pinch of salt
1 tablespoon sugar
2 heaping tablespoons cocoamalt
2 cups milk
1 teaspoon vanilla
2 eggs

Mix the cocoamalt, vanilla and part of the milk together. Stir all ingredients together and bake one hour in moderate oven. While it is baking stir in the top crust a few times. Serve warm or cold with milk or cream.

MRS. JENNIE RAWCLIFFE, 32 Lindsey Street

STEAMED CHOCOLATE PUDDING

⅔ cup sugar
1½ cups flour
½ cup milk
2 tablespoons cocoa
1½ teaspoons baking powder
1 beaten egg
1 tablespoon melted butter

Sift the dry ingredients together, add milk, egg and melted butter. Pour into greased mold and steam 1 hour. Serve with whipped cream.

Editor's note: This is also very good served with hard sauce, flavored with vanilla.

MRS. HARRIET HARKNESS, 248 Green Street, Fairhaven

CANARY PUDDING

6 ounces flour
4 ounces sugar
2 ounces butter
1 egg
1½ teaspoons baking powder
pinch of salt

Beat butter and sugar to a cream; add beaten egg then flour and baking powder. Mix with milk until rather light. Grease a pudding dish and put a little jam in the bottom of the dish, then pour the mixture over. Cover with a greased butter paper, put the dish into a steamer and steam 2 hours. Serve with lemon sauce.

2 tablespoons flour
little milk
butter size of a walnut
sweeten to taste
lemon extract to taste

Mix flour with milk to make a soft paste, add boiling water, butter and sweeten. Stir all the time until it starts to thicken. Take off the stove; put lemon extract in after it has cooled. Add enough to taste.

MRS. H. SMITH, 26 Valentine Street

CUSTARD BREAD PUDDING

Butter a deep pudding dish. Butter 4 thin slices of bread for pint size pudding dish. If desired sprinkle the bread with a few raisins. Over this pour a custard made as follows:

3 eggs beaten slightly
⅔ cup sugar
½ teaspoon salt
little nutmeg
1 cup or more of milk to fill the dish

Bake until custard is set.

R. WOODACRE, 9 Lake Street

CORN SYRUP STEAMED PUDDING

½ cup corn syrup
2 tablespoons melted butter
1 level teaspoon saleratus
Cinnamon
Nutmeg
About 1½ cups flour
½ cup sugar
1 cup sour milk
1 cup raisins
Clove
Few drops lemon juice
½ teaspoon baking powder

Mix all ingredients, using clove, cinnamon and nutmeg to taste, and enough flour to make quite a stiff dough. Steam 3 hours, and serve with Egg Sauce.

MRS. IDA L. NELSON, 46 Oak Street

COTTAGE FRUIT PUDDING

¾ cup sugar
2 eggs
½ cup flour
⅓ cup butter
½ cup milk
Salt
1 teaspoon vanilla

Cream shortening, add sugar, beaten eggs, milk, flour and baking powder sifted together, and flavoring. Add to the batter either 1 cup ripe currants, 1 cup cranberries, or 1 cup blueberries. Serve with the following sauce:

1½ cups boiling water
2 tablespoons cornstarch
1 cup sugar
½ teaspoon vanilla

Mix sugar and cornstarch, and pour over the boiling water. Let cook until it thickens, then add generous piece of butter and flavoring.

Any kind of fruit may be added. Whipped cream may be substituted for the sauce.

MRS. GEORGE SISTARE, 474 Park Street

CRANBERRY PUDDING

2 cups sifted flour
heaping teaspoon baking powder
salt
¾ cup sugar
1 beaten egg
¾ cup milk
1½ cups cranberries

Steam 2 hours.

Sauce

1 cup sugar
1 cup boiling water
butter size of walnut
2 teaspoons cornstarch
flavor with vanilla

Pour over sugar the boiling water. Add butter and cornstarch which is dissolved in milk. Stir in when it boils. Flavor.

MRS. EDMUND ELLIS, Vineyard Haven

FAIRY BANQUET PUDDING

½ pint cream
½ cup milk
1 egg yolk
½ cup sugar
1 tablespoon gelatin
6 marshmallows
¼ cup nuts
vanilla

Scald milk with gelatin, add egg and sugar mixed. When cold and beginning to set, add to whipped cream; add marshmallows and nuts. Cut fine. Serve with Chocolate Sauce.

Chocolate Sauce

1 cup brown sugar
½ cup milk
butter size of walnut
2 tablespoons cocoa

Add cocoa to sugar. Boil until thick. Serve warm.

MRS. WILLIAM LILLEY, 88 Walden Street

"FLORIDA SUNSHINE" PUDDING

1 cup sugar
3 level tablespoons flour
pinch of salt
1 cup milk
beaten yolks of 2 eggs
juice and rind of 1 orange
2 egg whites beaten stiff

Mix sugar, flour and salt with milk, the beaten yolks of eggs and the juice and grated rind of an orange. Beat whites of eggs stiff and fold into the first mixture, stirring until smooth. Bake in a buttered dish set in a pan of water for 25 or 30 minutes in a moderate oven 350 F. Serve cold with plain or whipped cream. This amount serves five.

MRS. ALBERT H. TWITE, Oak Bluffs

FRUIT PUDDING

1 cup suet chopped fine
1 cup raisins
1 cup currants
½ cup citron
¾ cup sugar
¾ cup molasses
1 cup milk
1 pound nut meats
1 egg
1 teaspoon soda
1 teaspoon vanilla or
1 teaspoon wine or brandy
3 cups flour

Salt and spice to taste. Steam 3 hours. This is very good for Thanksgiving or Christmas as it will keep.

MRS. BERNICE LOPES, Harwich, Mass.

GRAPEFRUIT SNOW PUDDING

6 tablespoons cornstarch
6 tablespoons cold water
1½ cups boiling water
¾ cup grapefruit juice
¾ cup sugar
grated rind of 1 orange
2 saltspoons salt
whites of 3 eggs

Wet cornstarch with cold water. Stir into boiling water. Cook until clear. Meantime mix grapefruit juice and sugar, the grated rind of the orange and the salt. Add to the hot cornstarch. Let cook 1 minute and pour upon the stiff whipped whites of eggs, beating while pouring. Turn into wet mold. Let harden and when chilled serve with Custard Sauce.

IRENE ROGERS, 21 Columbia Street

GRAPE JUICE PUDDING

A pink, frothy pudding that is delicious and nutritious.

1½ teaspoons gelatin
½ cup cold water
1 cup boiling water
¾ cup sugar
1 lemon
2 oranges
1 cup grape juice
2 egg whites

Mix the gelatin with cold water and dissolve in boiling water. Add sugar and when partially cooled, add the grape juice, orange and lemon juice. Allow to set and then fold in the stiffly beaten egg whites. Cut the two parts of the pudding together until pink froth has formed on top. Chill and serve without a sauce.

MRS. E. S. VAUGHAN, 53 Florence Street

GRAPENUT PUDDING

¾ cup grapenuts	¼ cup sugar
2 cups milk	salt
2 eggs beaten	cinnamon

lump of butter

Mix the above ingredients together and let stand for a short while in baking dish and bake 20 minutes in hot oven.

LUCY V. HILTON, 215 Hawthorn Street

GRAPENUT PUFF PUDDING

½ cup butter	2 cups milk
2 cups granulated sugar	6 tablespoons grapenuts
4 eggs, separated	4 tablespoons flour

1 teaspoon vanilla

Cream butter and sugar; add egg yolks well beaten, milk, grapenuts, flour and vanilla. Fold in whites of eggs beaten stiff. Bake in pudding dish set in pan of boiling water. Have oven hot enough to keep water boiling. When done pudding will have crust on top, jelly below and be browned. Serve hot or cold with plain or whipped cream. Serves six people.

MRS. EVA DUBE, Cotuit

HARVEST PUDDING

Butter a square cake tin and drop into it 6 apples which have been pared and sliced quite thin. Over this spread 1 cup of sugar, 1 level teaspoon cinnamon and then dot with butter. Make a batter of the following:

½ cup sugar	¼ teaspoon salt
¾ cup flour	½ cup milk
1 teaspoon baking powder	1 egg

3 tablespoons melted butter

Pour this batter over the apples and bake in a moderate oven as you would a pie. Invert when removing from pan so apples will be on top and serve hot with whipped cream.

MRS. EVA NOEL, 4 West Cove Road, So. Dartmouth

INDIAN MEAL PUDDING

½ cup Rhode Island meal
2 eggs
½ teaspoon cinnamon
½ cup molasses
½ cup sugar
1 tablespoon butter
1 tablespoon minute tapioca
pinch of salt
1 pint milk

Scald meal and tapioca together with milk until perfectly swelled, add eggs, butter, cinnamon, salt, molasses and sugar. Stir all together. Put in 1 pint of milk and bake in slow oven 3 or 4 hours. When first put in the oven stir a few times until the meal is well blended with the milk. Add 1 pint cold milk and do not touch until done.

MRS. L. M. KELLEY, 56 Russells Mills Road, So. Dartmouth

INDIAN TAPIOCA PUDDING

2 tablespoons corn meal
2 tablespoons minute tapioca
1 quart milk
1 egg
½ cup sugar
½ cup molasses
pinch salt
flavoring

Mix everything but milk, and after milk has scalded pour onto mixture. Place into a buttered pan and bake 1 hour. Stir once or twice while baking. Serve with whipped cream or just milk and sugar. Serves 6 or 7 people.

HILDA W. KEYES, 53 Florence Street

INVALID PUDDING

¼ pound suet, chopped
¾ cup milk
¼ teaspoon nutmeg
1 teaspoon baking powder
¼ teaspoon salt
1 cup dates, cut small
1 slice dry bread, ground fine
1 beaten egg
little milk add to beaten egg

Mix and steam 5 hours in a buttered pudding mold.

Sauce

2 tablespoons butter, melted
2 tablespoons flour
pinch of salt
sugar to taste

Add milk and boil until it thickens. Stir constantly. Be careful not to burn.

MRS. WM. MACKENZIE, 564 Dartmouth St., So. Dartmouth

INDIAN PUDDING

1 quart scalded skim milk	1 cup molasses
2 heaping tablespoons corn meal	1 quart cold skim milk
2 heaping tablespoons minute tapioca	1 egg
	salt
	piece of butter, size of egg

Cook the milk, corn meal, tapioca and molasses together about 20 minutes. When cold add the cold skim milk, egg, salt and butter. Bake 4 hours.

LOUISA NICKERSON, Chatham

A BAKED INDIAN PUDDING

4 heaping tablespoons Indian Corn Meal	1 teaspoon salt
	3 pints of milk
1 cup molasses	1 cup cold milk

Put meal in a bowl and mix in molasses and salt. Scald milk; pour it scalding hot over the meal, stirring until perfectly smooth and free from lumps. Pour into buttered baking dish, and last of all pour gently over top a cup of cold milk. Bake 4 hours in a moderate oven. Serve hot with grated maple sugar stirred into rich cream and kept very cold until needed.

This is a favorite dish during the cold weather.

MRS. PEMBERTON H. NYE, 709 County Street,
President of N. B. D. A. R. and Catholic Woman's Club

OLD YANKEE INDIAN PUDDING

3 pints of milk	1 cup molasses
1 cup Indian meal	1 teaspoon salt

little pieces of butter

Scald 1 pint milk, stir in meal, then molasses. Butter baking dish or pan leaving little pieces of butter sticking to pan, pour in ½ pint cold milk, then hot meal and ½ pint of milk over all with little pieces of butter. Bake slowly 5 or 6 hours. While baking pour in the rest of milk, little at a time. This should have jelly all around when done.

MISS E. M. SMITH, 45 South Emerson Street

QUICK INDIAN PUDDING FROM LEFT-OVER BROWN BREAD

4 slices brown bread	⅔ cup molasses
1 quart milk	¼ teaspoon ginger

¼ teaspoon cinnamon

Bake 1 hour in moderate oven.

MRS. JOSEPH A. FRASIER, 265 Union Street

MACAROON PUDDING

3 cups milk
¼ box gelatin, granulated
3 eggs
1 cup sugar
little salt
2 tablespoons vanilla
macaroons
candied cherries

Put gelatin in little milk and add to rest of milk in double boiler after it is hot. Beat yolks of eggs with sugar and add to hot milk. Cook as for soft custard. When this custard is cool add whites of eggs, beaten stiff, and vanilla. Crumble macaroons over the top of pudding, add some of the cherries, cut up. Put in ice chest to harden. When it is ready to serve whip cream and sweeten to taste and add a little vanilla. Spread this over top of pudding.

A. M. LAWTON, 31 Plymouth Street

MAPLE FROZEN PUDDING

1½ tablespoons gelatin
¼ cup cold water
2 egg whites
2 cups heavy cream
1 cup maple syrup

Soak gelatin in cold water. Boil syrup till it threads, add gelatin and stir until dissolved. Beat egg whites until stiff and add syrup slowly, continuing the beating. Put in a cold place and when it begins to stiffen fold in the heavy cream beaten stiff. This makes a delicious dessert.

MISS R. COURNOYER, 45 Rodney Street

ORANGE PUDDING

1 large or 2 small oranges
1 pint of milk
1 heaping dessert spoon cornstarch
1 dessert spoon flour
2 dessert spoons sugar
1 egg
vanilla
pinch of salt

Peel and cut the oranges (in small slices) into a pudding dish. Sprinkle with sugar. Let milk come to a boil. Stir together cornstarch, flour, salt, sugar and mix to a paste with a little cold water. Add yolk of egg, well beaten, add to the boiling milk and stir until it thickens. Take from stove and flavor with vanilla. Pour over the oranges, beat white of egg stiff, spread over pudding; sprinkle over it a little sugar and brown in oven. Serve cold. This will serve four people. (Taken from a cook book compiled by women of Nova Scotia and Prince Edward Island.)

MRS. ROBERT C. YOUNG, 119 Chancery Street

MARSHMALLOW PUDDING

⅔ teaspoon plain gelatin
1 tablespoon cold water
⅓ cup boiling water
¼ cup sugar
white of one egg
¼ teaspoon vanilla
few grains of salt

Add gelatin which has been softened in cold water to boiling water. Stir until dissolved. In another bowl put sugar, white of egg, vanilla; also few grains of salt. Stir just enough to combine and then add dissolved gelatin. Beat until cool and stiff. Serve with whipped cream. Nuts may be added if desired. This amount serves three.

SADIE THOMPSON, 210 Campbell Street

PINEAPPLE PUDDING

1 can pineapple
1 small cup sugar
½ pint whipped cream
½ box gelatin

Pour juice off of pineapple. Dissolve gelatin in half pint of hot water. Chop the pineapple very fine and mix with sugar. Add this to the dissolved gelatin. When this begins to stiffen, stir in whipped cream, beating thoroughly. Set in a cool place to harden. Will serve six persons.

MRS. ROSE ROGERS, 60 Briggs Street

CHRISTMAS PLUM PUDDING

2 cups ground suet
2 cups bread crumbs
2 cups flour
2 teaspoons baking powder
2 cups sugar
2 cups seeded raisins
2 cups currants
1 cup finely chopped citron
1 cup finely cut figs
1 tablespoon finely cut orange peel
1 tablespoon finely cut lemon peel
1 teaspoon ground cinnamon
1 teaspoon ground ginger
¼ teaspoon ground cloves
½ teaspoon ground mace
¼ teaspoon ground nutmeg
1 tablespoon salt
1 cup water
1 cup of grape or other fruit juice.

Mix thoroughly all dry ingredients and add fruit; stir in water and fruit juice and mix thoroughly. Add more water if necessary to make stiff dough. Fill greased molds ⅔ full, and steam 5 or 6 hours. This pudding should be prepared and cooked a week or more before used. Before serving steam 1 hour and serve with hard, lemon or foamy sauce.

MISS ELIZABETH KELLEY, West Dennis, Mass.

PINEAPPLE MARSHMALLOW PUDDING

1 can crushed pineapple
½ pound marshmallows
½ pint cream

Cut marshmallows into small pieces, mix with crushed pineapple and let stand over night. When ready to serve, whip cream, and fold into marshmallow and pineapple. Serves six.

MRS. FREDA DANDURAND, 262 Rockdale Avenue

ENGLISH PLUM PUDDING

1 pound bread crumbs
1 pound flour
1 pound suet
½ pint milk
2 pounds raisins
1 pound currants
6 eggs
1 pound sugar
½ pound citron
½ pound lemon and orange peel
¼ ounce soda and a little salt
1 ounce mixed spices

Mix and steam 3½ hours and serve with hard sauce.

Hard Sauce

1 pound powdered sugar
8 ounces butter
little mace
juice and rind of ½ lemon
4 drops of vanilla.

Cream butter and sugar until light and white. A few whites of eggs beaten or some whipped cream may be added to make a light sauce. Grate a little nutmeg over and set on ice.

MRS. M. B. GONSALVES, 9 Howland Street.

THANKSGIVING PLUM PUDDING

4 cups stale bread crumbs
1½ teaspoon salt
½ teaspoon nutmeg
1 teaspoon cinnamon
⅓ teaspoon cloves
⅓ teaspoon mace
1 cup hot milk
½ cup sugar
4 yolks of eggs
1 cup chopped suet
1½ cups chopped raisins
⅔ cup chopped currants
⅔ cup chopped figs
⅓ chopped citron
4 stiffly beaten whites of eggs
¼ cup grape juice

Grate the stale bread crumbs. Mix salt and spices with crumbs and pour hot milk over them. Let it stand until cool. Add sugar and suet to beaten egg yolks. Cream until light. Add the bread crumb mixture, raisins, currants, figs, citron and grape juice. Mix well and stir in stiffly beaten egg whites. Pour into a buttered mold, cover and steam 6 hours. Makes about 3 pounds or serves 15 people.

MRS. GEORGE F. KIRBY, 25 Tremont Street.

A POOR MAN'S PUDDING — (but it is fit for a Queen)

Seven Cupfuls

1 cup flour
1 cup bread crumbs
1 cup suet
1 cup sugar
1 cup currants
1 cup raisins
1 cup milk
1 teaspoon baking powder
1 ounce citron
1 egg
½ cup seeded raisins cut small
½ teaspoon cinnamon
½ teaspoon nutmeg

Mix ingredients and steam 4 hours. This will make 2 good sized puddings and will keep indefinitely.

White Sauce:

2 tablespoons of butter
2 tablespoons flour
1 cup milk
sweetening to taste

Cook until slightly thick, and serve on pudding.

MRS. LOUIS A. KENYON, 333 Kempton Street

POTATO PUDDING

1 pound sugar
½ cup water
½ pound cooked potatoes
½ pound blanched almonds
4 egg yolks
2 egg whites
rind of 1 lemon
1 tablespoon flour
enough cinnamon to taste
1 tablespoon butter

Cook sugar with water until it forms a soft ball in cold water. Add cooked potatoes which have been put through a sieve. Remove from fire and add ½ pound blanched almonds, yolks of eggs, whites of eggs, rind of a lemon and butter. Add flour and cinnamon. Mix well and return until thick. Turn into well greased pan and bake. The pudding is cooked when knife inserted comes out dry.

MRS. J. R. ALVES, 47 Briggs Street.

QUEEN'S PUDDING

1 pint fine bread crumbs
1 quart milk
1 cup sugar
yolks of 4 eggs
grated rind of 1 lemon
butter, size of egg

Bake until done. Whip egg whites, beat in 1 tablespoon sugar. Place layer of jelly on top of pudding, pour on the egg whites and brown in oven. Serve cold.

ANNIE M. LANDERS, Cotuit, Mass.

RIBBON CORNSTARCH PUDDING

1 pint of milk
¾ cup sugar
2 tablespoons cornstarch
whites of 2 eggs, beaten
2 teaspoons vanilla
1 square melted chocolate
¾ cup chopped walnuts

Put milk and sugar into double boiler. When hot add cornstarch wet with a little cold milk. Cook about 5 minutes then add the whites of eggs well beaten and vanilla. Take ½ of the mixture and add melted chocolate and chopped walnuts. Pour into glass dish having white or dark part on top as you choose. If the dish is not too large it can be poured in layers. Serve with plain cream.

BELLE WASHBURN, Westport Point

RICE PUDDING

3 eggs beaten
1 quart milk
little salt
1 cup rice, well washed
2 tablespoons sugar
½ nutmeg grated
1 tablespoon butter

Mix all well together and bake in a moderate heated oven 1 hour.

MRS. EMILY M. D. JOHNSON, 86 High Street.

BUTTERSCOTCH RICE PUDDING

1 tablespoon granulated gelatin
⅓ cup rice
¼ teaspoon salt
½ cup cold water
2 cups milk
2 tablespoons butter
1 cup brown sugar

Soak gelatin in cold water 10 minutes, cook rice with milk in double boiler until nearly done, add salt and cook together in another pan, the brown sugar and butter until sugar is dissolved. Add this to the rice mixture. Add gelatin and turn into mold.

E. F. JENKINS, 12 Glover Street.

GLORIFIED RICE PUDDING

¼ cup rice
½ cup water
1 pint of milk
1 envelope plain gelatin
little cold water
¾ cup sugar
pinch of salt
1 teaspoon flavoring
½ pint cream

Boil rice, water and milk for 40 minutes. Dissolve gelatin in cold water; add sugar, salt and flavoring. Mix the two parts together. Beat cream into this and pour in molds to harden. Serve with plain cream or fruit sauce.

MRS. L. A. MANHA, Tucker Road, No. Dartmouth

RICE PUDDING — (Boiled)

1 large cup cooked rice
1 large cup milk
2 tablespoons sugar
a little nutmeg
a little cinnamon
yolks of 2 eggs, beaten light
whites of 2 eggs, beaten stiff
2 tablespoons sugar
½ teaspoon vanilla

Put in double boiler cooked rice, milk; when hot add sugar, nutmeg and cinnamon. Beat yolks very light; add to the rice stirring thoroughly. Then pour into buttered nappy. Beat the whites of eggs to a stiff froth; add 2 tablespoons sugar and ½ teaspoon vanilla. Spread over the rice and brown lightly in quick oven.

L. M. WILLIS, 22 Lafayette, Fairhaven.

HOT RICE PUDDING

½ cup rice
½ teaspoon salt
⅓ teaspoon ground cinnamon
1 quart milk
1 egg
4 tablespoons butter

Wash the rice in cold water and put in a double boiler with hot milk. Cook until tender then add half the sugar, butter and salt. Beat the egg light and add to rice, cooking for 1 minute. Pour into dish into which the pudding is to be sent to the table. Mix the rest of sugar and cinnamon and sprinkle over top of pudding. Then the rest of butter cut into tiny bits and drop on pudding. When butter melts sugar and cinnamon will form a rich brown sauce. Serve hot. Sometimes it is nice to add a cup of raisins to the milk while cooking.

MRS. GEORGE A. J. LAGASSE, 1111 South Water St.

FROSTED LEMON RICE PUDDING

½ cup rice (scant)
grated rind 1 lemon
1 pint milk (generous)
6 tablespoons sugar
yolks of 2 eggs
pinch salt

Wash and boil soft the rice. Add grated lemon rind, sugar and yolks beaten in milk, and salt. Put in baking dish, bake till brown about 1 hour.

Frosting

2 egg whites beaten stiff
1 cup powdered sugar
juice and rind of 1 lemon

Mix together, spread on cold pudding and brown in a slow oven.

GLADYS P. HERSOM, Acushnet, Mass.

SHREDDED WHEAT PUDDING

1 quart milk
¼ teaspoon salt
4 shredded wheat biscuits
½ cup sugar
3 teaspoons cocoa
½ teaspoon vanilla
1 egg

Put milk, salt, and fine broken shredded wheat biscuits with milk into the top of double boiler. Cook for ½ hour. Stir frequently. Blend sugar, cocoa with 2 tablespoons of hot milk. Add and cook for 10 minutes. Take from fire, add vanilla and beaten egg. Mix well. Serve cold with sugar and cream.

MRS. C. E. TABER, 500 Middle Street.

SNOW PUDDING

1 tablespoon granulated gelatin
¼ cup cold water
⅛ teaspoon salt
1 cup boiling water
1 cup sugar
¼ cup lemon juice
3 egg whites

Soak gelatin in cold water and add salt. Pour boiling water over it and stir until dissolved. Add sugar and lemon juice and strain into a large bowl to cool. Beat the egg whites until stiff, when the jelly thickens add the eggs and beat with wire whisk until stiff enough to hold its shape. Serve with custard sauce.

Custard Sauce

3 egg yolks
2 tablespoons sugar
pinch of salt
1½ cups hot milk
½ teaspoon vanilla

Beat egg yolks slightly, add sugar and salt. Pour on hot milk and cook in double boiler stirring constantly until thickened. Cool and add vanilla.

MRS. C. W. REYNOLDS, East Falmouth.

SNOW BALL PUDDING

⅓ cup butter
½ cup sugar
1 cup flour
½ cup cornstarch
3 teaspoons baking powder
¼ cup milk
4 egg whites

Cream the butter, add the sugar. Sift dry ingredients three times, add to the butter mixture alternately with the milk to keep an even consistency. Fold in the beaten whites, put all in greased molds, steam 1 hour. Roll in powdered sugar and serve with berry sauce.

MISS MYRTLE E. BEEBE, West Dennis.

STEAMED DATE PUDDING

3 cups flour
½ cup molasses
1 teaspoon salt
1 cup chopped dates
Spice if desired in small amounts
1 cup milk
1 heaping teaspoon soda
½ cup nut meats

Mix and steam 2 hours. Serve with vanilla sauce or hard sauce.

MRS. FRANCIS W. CROWLEY, 425 Court St.

SUET PUDDING

1 cup seeded raisins (cut in quarters)
¼ cup citron (measure after slicing)
½ cup pecans, broken
2½ cups flour
1 teaspoon soda
1 teaspoon salt
1 teaspoon mace
1 teaspoon cinnamon
1 teaspoon allspice
2 level teaspoons baking powder
1 cup milk
1 cup molasses
⅔ cup softened butter

Mix fruit and flour it slightly. Mix dry ingredients together and sift. Add milk, molasses and butter. When well mixed stir in fruit. Turn into well buttered molds and steam for 3 hours if big mold—and 1½ hours if individual molds.

Cream Sauce

½ cup butter
1 cup powdered sugar
3 teaspoons hot water
1 egg

Cream butter and sugar. Add beaten yolk of egg, and lastly beaten white and hot water. Mix well and serve on pudding.

MISS MARY MARSHALL, Santuit, Box 101.

SWEDISH PUDDING

1½ cups sugar
1½ cups water
1 cup sugar
1 quart scalded milk
pinch of salt
7 beaten eggs
1 teaspoon vanilla

Boil sugar and water together 6 minutes. Put in buttered bread pan. Set aside to cool. Next add 1 cup sugar to milk, scalded. Let cool. Add pinch of salt, eggs, vanilla. Stir, pour over first mixture but do not stir in pan. Bake 1 hour in slow oven. Remove from oven, let stand in pan until next day. Invert on deep dish or platter. Slice like cake. Serve with caramel sauce from platter. Garnish with whipped cream.

MRS. JULIA A. SMITH, 202 Orchard Street.

APPLE TAPIOCA PUDDING

Pare and core enough apples to fill a dish, put into each apple a bit of lemon peel. Soak ½ pint of tapioca in 1 quart lukewarm water 1 hour. Add a little salt, flavor with lemon, pour over the apples. Bake until apples are tender. Eat when cold with cream and sugar.

MRS. PALMYRA PACHECO, 22 Cleveland Street.

COFFEE TAPIOCA PUDDING

1 pint coffee
3 tablespoons pearl tapioca
½ cup sugar
¼ teaspoon salt
2 eggs

Heat coffee in a double boiler, when hot add tapioca and cook until tapioca is transparent. Beat eggs, sugar and salt. Dilute with a little of the hot coffee and tapioca and then stir into contents of double boiler. Serve cold.

MRS. CHARLES D. ROBERTS, 118 Mt. Vernon St.

ORANGE TAPIOCA PUDDING

¼ cup quick cooking tapioca
½ cup sugar
¼ teaspoon salt
2 cups water
grated rind of ½ orange
3 oranges

Cook tapioca, sugar and salt with water until transparent. Remove from fire, add grated orange rind. Cool slightly. Pare oranges, divide in sections, removing membrane. Pour tapioca mixture over orange sections and mix well. Serve cold with Orange Puff Sauce.

Orange Puff Sauce:

2 egg whites
few grains of salt
⅔ cup powdered sugar
½ lemon
1 orange

Beat whites of eggs with salt until very stiff; add sugar gradually, beating constantly. Then add grated rind and juice of orange and juice of lemon. Serve on pudding.

MRS. BENOIT, 23 Grape Street.

Chapter XVII

PUDDING SAUCES

"Charms strike the sight but merit wins the soul."
—*Pope.*

A tasty, piquante pudding sauce can very easily furnish just the merit necessary to win the soul over to a fondness for a pudding that might otherwise go unappreciated. Happily, a little whipped cream surmounted by a cherry, smooth golden caramel sauce, or colorful strawberry sauce, also contrive to charm the sight. It is surprising what vast improvement a little sauce can make in a plain dessert and how greatly it can stimulate an appetite dulled by constant acquaintance with the commoner unembellished foods.

BOILED CUSTARD SAUCE

2 cups scalded milk	¼ cup sugar
3 egg yolks	⅓ teaspoon salt

½ teaspoon vanilla

Beat eggs slightly, add sugar and salt, stir constantly while adding gradually hot milk. Cook in double boiler, continue stirring until mixture thickens and a coating is formed on spoon. Strain immediately and chill and flavor. If cooked too long custard will curdle. Should this happen, by using an egg beater, it may be restored to a smooth consistency, but custard will not be as thick. Eggs should be beaten slightly for custard, that it may be smooth, thick consistency. To prevent scum from forming cover with perforated tin. When eggs are scarce, use yolks of 2 eggs and ½ tablespoon cornstarch.

MRS. J. FRANKLIN BRIGGS, 7 Anthony Street.

COLD SAUCE — (For Suet or Bread Pudding)

½ cup butter	1 cup boiling water
1 cup sugar	flavor with vanilla

tablespoon grape juice or nutmeg

Beat butter and sugar until creamy, add boiling water, a little at a time. When cold flavor with vanilla, and grape juice or nutmeg.

MRS. H. G. ROUNSEVELL, 49 Jonathan Street.

FOAMY SAUCE

whites of 2 eggs
1 cup sugar
1 cup boiling milk
juice of 1 lemon

Beat the whites of eggs until foamy but not dry (just a few turns with the beater); add the sugar, beat well; add the milk and lemon juice. One half the recipe makes enough for two and is good flavored with the juice of ½ an orange. Serve cold.

M. WILSON, 277 Mill Street.

FRUIT SAUCE

1 cup fresh strawberries, raspberries, or canned fruit drained from syrups
⅓ cup butter
1 cup powdered sugar
white of 1 egg

Cream butter; add sugar gradually; add egg beaten until stiff and beat well; add slowly fruit which has been carefully prepared and mashed. Beat until creamy.

MRS. VIRGINIA PERRY, 78 Dunbar Street.

HARD SAUCE

1 cup confectioner's sugar
3 tablespoons soft butter
1 teaspoon vanilla

Cream sugar and butter together, add vanilla. Good to serve on fruit puddings (steamed) etc.

EDNA E. S. DAVIS, Sagamore.

HOT CHOCOLATE SAUCE

1 cup boiling water
1 cup sugar
2 tablespoons sugar
1 tablespoon cornstarch
½ teaspoon vanilla
2 squares chocolate

Mix ingredients together and cook in double boiler or boil over flame for 5 minutes, stirring constantly.

DOROTHY LINCOLN, 223 Hawthorn Street.

LEMON SAUCE

½ cup sugar
1 cup boiling water
2 tablespoons butter
⅛ teaspoon salt
1 tablespoon cornstarch
2 tablespoons lemon juice
¼ teaspoon nutmeg

Mix sugar and cornstarch, add water gradually. Stir constantly, boil five minutes, remove from fire, add butter, lemon juice and nutmeg. Serve hot.

MRS. ANNABELLE GAY, 248 Palmer Street.

MAPLE SAUCE

2 egg yolks
½ cup whipped cream
⅔ cup hot maple syrup
pinch salt

Beat egg yolks well and pour hot syrup over them. Cook in double boiler until of consistency of thin custard. When cold, add salt and whipped cream. Serve at once.

EMMA LAGUE, 117 Jouvette Street.

MAPLE CREAM SAUCE

few grains salt
1 egg white
½ cup maple sugar
1 tablespoon white corn syrup
⅛ cup thick cream
2 tablespoons water

Add salt to egg white and beat very stiff. Boil, sugar, corn syrup and water to soft-ball stage, and pour over stiffly beaten egg whites, stirring constantly. Cool and fold in whipped cream.

MRS. ANNIE GILLIBRAND, North Dartmouth.

ORANGE SYRUP SAUCE

grated rind of ½ lemon
1 cup sugar
1 cup orange juice
juice of 1 lemon
1 teaspoon grated orange rind

Put into saucepan and boil for 15 minutes, then strain and pour into sterilized glasses. To be used for vanilla ice cream and baked rice pudding.

MRS. C. M. CRATEAU, 129 Clark Street.

PEACH SAUCE

⅔ cup peach juice
1 tablespoon lemon juice
1 tablespoon flour
½ teaspoon butter
¼ teaspoon salt

Mix 1 tablespoon peach juice with flour. Gradually add remainder and the lemon juice. Add salt. Cook 1 minute. Add butter. Serve hot.

E. A. HARRINGTON, 558 Cottage Street.

SAUCE FOR PUDDING

4 tablespoons sugar
2 tablespoons flour
2 tablespoons butter
1 pint boiling water

Cream butter and sugar together. Add flour and 1 pint of boiling water. Boil until it thickens and flavor with lemon or vanilla.

MRS. ROSTRON, 9 McCabe Street.

STRAWBERRY SAUCE

1 tablespoon butter
1 cup sugar
1 cup strawberries, mashed
white of 1 egg beaten stiff

Melt butter and cream it with sugar. Add strawberries. Beat the white of an egg stiff and add to the other. Serve on plain unsweetened cornstarch mold.

MRS. EDWARD CASEY, 1267 Rockdale Avenue.

SUNSHINE SAUCE

2 egg yolks well beaten
1 cup sugar
1 cup thick cream
½ teaspoon vanilla

Add sugar to egg yolks gradually to prevent lumps. Add cream, which has been beaten until stiff, add vanilla.

MRS. ADRIENNE DUTRA, 85 Dartmouth Street.

VANILLA SAUCE

1 cup boiling water
2 teaspoons cornstarch
1 tablespoon butter
½ cup sugar
½ teaspoon vanilla
little salt

Mix the cornstarch with a little cold water and stir into the hot water, boiling five minutes. Put butter, sugar, flavoring and salt into a bowl and pour the thoroughly cooked cornstarch over it, stirring until sugar and butter are dissolved.

D. A. WHITE, 212 Tremont Street.

YELLOW SAUCE

2 egg yolks
½ cup confectioner's sugar
2 egg whies, beaten stiff
½ cup sifted confectioner's sugar
1 teaspoon vanilla
few grains of salt

Beat egg yolks until thick and lemon colored. Add sifted confectioner's sugar gradually, continuing the beating. Beat egg whites until stiff and gradually beat in sifted confectioner's sugar. Add vanilla and a few grains of salt. Combine mixtures and chill thoroughly

Note—Do not make more than 1 hour before it is served.

MRS. ALPHIE PARADIS, 52 Ashley Street.

Chapter XVIII

CAKES

> *"And barley-bread is bitter to taste,*
> *While sugary cakes, they please."*
> —*Cornford.*

Among the few things that the average person, and particularly the average man, does not outgrow by the time he reaches the age when silver threads begin to show among the gold, is his fondness for cake. Very probably this is chiefly because he has no desire to grow too old or too dignified to take real delight in an occasional sugared delicacy. And why should he? Almost everyone strives hard enough for the bread-and-butter things of life to deserve something of life's sweeter offerings to cheer him along the way.

There is one thing about cake that is not always realized by the more thrifty housewife. It need not be a luxury nor an undue expense. Recipes that call for very few eggs, sometimes not even one, can be made economically. While it certainly is not a necessity, cake adds a finish to meals that may otherwise seem sometimes to end in the middle as it were.

Since cake making requires more care and patience that almost any other branch of cookery, it is not surprising that the picture of the young housewife, quite inexperienced in her kitchen activities, frequently shows her in tearful distress, wondering just what is wrong with her soggy or her crumbling cake. Her first efforts are not apt to be wholly successful, but if she starts out with a good recipe and if she follows it faithfully, there is no good reason why she should not finish with surprisingly good results.

The secret of making a feathery, fluffy cake of velvety smoothness lies chiefly in the blending of the ingredients at the start and the maintenance of this same creamy mixture all through the mixing and beating processes. The richer the cake recipe is in its proportion of butter the more cautiously must the mixture be worked to a smooth cream, as one gradually works the sugar into the butter with a pliable spatula.

CREAM ALMOND CAKE

½ cup butter
1 cup sugar
¼ teaspoon almond extract
1 cup flour
½ cup cornstarch
1½ teaspoons baking powder
½ cup milk
3 egg whites

Cream the butter, add gradually the sugar and almond extract. Sift together thoroughly the flour, cornstarch and baking powder and add alternately with the milk. Beat the egg whites until stiff, add and beat vigorously. Bake in moderate oven 40 minutes.

MRS. HELEN F. MESENSKI, 144 No. Front Street

COFFEE ALMOND NUT ICING

½ pound coarsely chopped lightly toasted almonds	½ pound sweet butter
	½ pound confectioners sugar

½ cup very strong coffee

Cream butter, add confectioners sugar gradually and coffee drop by drop beating continually, add nuts. Spread on cake. Sprinkle with nuts.

MRS. HELEN F. MESENSKI, 144 No. Front Street

APPLE JOHN

Put stewed apple or other fruits, sweetened and seasoned into a greased pudding dish. Cover the fruit with a shortcake dough mixture and bake in a hot oven 20 to 30 minutes. Invert into the serving dish, sprinkle with sugar and cinnamon and serve.

MRS. EDITH TINKHAM, 414 Wood Street.

FILLED ANGEL FOOD CAKE

1 cup egg whites (cold)	1 cup cake flour
1 teaspoon cream tartar	¼ teaspoon salt
1½ cups sugar	1 teaspoon vanilla

¼ teaspoon almond flavoring

Beat eggs until frothy; add cream tartar and beat until very stiff, but not dry. Sift sugar, flour and salt together 5 times, sift gradually into the egg white. Add flavoring and put in unoiled tube pan, place in very slow oven (250°) increasing the temperature to 320° and bake 45 to 50 minutes. Invert pan and allow to cool. Remove and with forks remove the inside of the cake, leaving a shell of sufficient thickness to hold together well. Tear the inside portions in small pieces and mix with:

1 cup whipping cream	1 cup diced pineapple
1 cup cocoanut	½ pound marshmallows, diced

12 maraschino cherries, chopped

Fill cake shell with mixture and let stand in the refrigerator for 12 hours. When ready to serve, place cup chopped walnut meats over the top. Cover with whipped cream and garnish with cherries. The dessert is sliced at the table as one would cut a round cake and served by the hostess.

LILLIE W. BECK, 34 Gaywood Street

ANGEL FOOD CAKE

1 cup egg whites (8 to 10)
¾ teaspoon cream of tartar
1¼ cups granulated sugar
¼ teaspoon almond extract
1 cup flour
¼ teaspoon salt
¾ teaspoon vanilla extract

Beat egg whites with salt until foamy, add cream of tartar and continue beating until eggs are stiff enough to hold up in peaks. Fold in sugar little at a time. Add flavoring. Fold in flour same as sugar. Pour in ungreased angel cake pan and bake in very slow oven 50 or 60 minutes. Remove cake from oven, invert pan until cake is cold, then remove cake from pan and frost with boiled icing.

MRS. GRACE C. LOUGHLIN, 93 Highland Street

THREE EGG ANGEL CAKE

1 cup sugar
1⅓ cups flour
½ teaspoon cream tartar
3 teaspoons baking powder
⅓ teaspoon salt

Mix and sift above ingredients four times.

⅔ cup scalded milk
whites of 3 eggs
1 teaspoon almond extract or vanilla
whites of 3 eggs

Cool milk slightly and add very slowly to dry ingredients, beating constantly. Add flavoring, mix well and fold in well beaten whites of eggs. Bake in moderate oven 45 minutes. This cake is much nicer left for one or two days before using.

MRS. EDWIN LIVINGSTONE, 83 Mount Vernon Street

CREAM APPLE PIE CAKE

Butter a deep cake pan; spread with sliced apple and sprinkle with a little sugar and some nutmeg. Make a batter as follows:

yolks of 2 eggs
½ cup sugar
1 tablespoon butter
¼ cup milk
1 teaspoon baking powder
1 cup pastry flour

Spread batter over the apples and bake in a moderate oven until apples and batter are done. Then turn into another cake pan the same size and over the apples spread the whites of the eggs beaten stiff with 2 tablespoons sugar. Return to the oven to brown the top. Wonderful served with cream.

MRS. FLORENCE H. SOUSA, 269 Cedar Street

APPLE SAUCE CAKE

¼ pound butter
1 cup sugar
1 egg
1 cup dates (diced fine)
1½ cups apple sauce
1 cup nuts chopped coarse
1 cup raisins chopped
½ teaspoon cinnamon
¼ teaspoon cloves
1 teaspoon vanilla
2 cups flour
2 teaspoons soda

Cream butter and sugar. Add well beaten egg and vanilla, and add the remaining ingredients mixed. Pour into well buttered bread pan. Bake in moderate oven 1 hour.

MRS. HAMMON L. WOLLISON, 47 Carroll Street,
President of Jewish Prof. Women's Club

DUTCH APPLE CAKE

2 cups flour
3 teaspoons baking powder
1 tablespoon sugar
1 teaspoon salt
½ cup shortening
1 egg
⅔ cup water

Mix batter, spread ½ inch thick in pan, pare and slice apples and put on top of batter. Sprinkle with ½ cup sugar, 2 teaspoons cinnamon. Bake 25 minutes. Serve hot with hot sauce or whipped cream.

MRS. ARTHUR S. ROGERS, Dennis Port, Mass.

EGGLESS APPLE SAUCE CAKE

1½ cups apple sauce, unsweetened
1 cup sugar, brown or white
⅓ cup butter
2 cups flour
⅛ teaspoon cloves
1½ teaspoons cinnamon
1 teaspoon nutmeg
1 teaspoon baking soda
½ teaspoon salt
1 cup raisins
½ cup nuts
½ cup raisins
1 tablespoon cornstarch

Add the sugar to the hot applesauce. Add the fat and mix until melted. Cool. Sift in the dry ingredients, mixing gradually to prevent lumping. Sift 1 tablespoon cornstarch over the raisins. Stir them into the batter. Pour into a shallow loaf pan and bake in a moderate oven for 1 hour.

MRS. CLEOPHAS DANIEL, 52 Ashley Street

APPLE STRUDEL

1 cup sugar
2 eggs (well beaten)
½ cup milk
2 cups flour (sifted)
2 teaspoons baking powder
apples

Put in square tin. Pare and slice apples and place close together on cake. Pour generous quantity of melted butter over all. Sprinkle with sugar and cinnamon. Bake in moderate oven until apples are tender.

MRS. WILLIAM A. DUNN, Childs Street, Portsmouth, R. I.

BACON FAT CAKE

1 cup sugar
½ cup molasses
½ cup bacon fat
1 cup cold coffee
nutmeg
1 cup raisins
1 egg
¾ teaspoon soda
2 cups flour sifted
¼ teaspoon clove
½ teaspoon cinnamon

Mix bacon fat and sugar; add molasses; add egg. Mix and sift dry ingredients; add to above alternately with cold coffee. Add raisins. Bake in moderate oven.

MRS. DON MORTON, 105 Main Street, Fairhaven

BANANA CAKE WITH JELLY SAUCE

1 cup flour
2 teaspoons baking powder
2 tablespoons sugar
¼ teaspoon salt
¾ cup milk
1 egg
4 bananas

Sift together the flour, baking powder, sugar and salt. Add milk and beaten egg. Mix well. Peel and scrape bananas, cut in halves, lengthwise, then cross. Pour batter into greased shallow pan, place bananas on top and sprinkle with sugar. Bake in moderate oven 15 minutes. Serve with

JELLY SAUCE:

1 cup water
2 tablespoons jelly
1 tablespoon sugar
1 teaspoon cornstarch

Put water in saucepan, bring to boil, add jelly and sugar. Stir until dissolved. Add cornstarch, wet with a little cold water, boil 3 minutes.

NAPOLEON BERGERSON,
Acting Mess Sergeant at Fort Rodman

BANANA CAKE

¼ cup butter
1 cup sugar
whites of 3 eggs
1½ cups flour
3 or 4 bananas sliced lengthwise
1½ teaspoons baking powder

Bake in oblong tin. Split and slice bananas thinly and cover the lower layer. Spread over this and over the top an icing made of the yolks of eggs and confectioner's sugar.

MRS. ROSE S. GOVE, 149 Cottage Street

BANANA SHORTCAKES

¼ pound butter
1 cup sugar
pinch of salt
2 eggs
1 cup evaporated milk
2 cups flour
2 teaspoons baking powder
1 teaspoon lemon flavoring

Cream butter, sugar and salt well, add beaten egg, milk, flour and baking powder sifted; add extract. Bake in large individual muffin tins, ½ full for 25 minutes in moderate oven. Cool and cut in two, spread with whipped cream and sliced bananas. Tip with whipped cream. Very good.

MRS. HARRY A. LIDER, 151 Brownell Street

BIRTHDAY CAKE AND ICING

½ cup butter
1½ cups sugar
1½ cups flour
4 teaspoons baking powder
4 egg yolks
½ cup cold water
½ cup cornstarch
4 egg whites

Cream butter well, add sugar a little at a time until all is worked in. Then add beaten yolks and the cold water. Sift dry ingredients together and add. Mix in stiffly beaten egg whites. Bake in buttered pan for 40 minutes. Or if desired the cake may be baked in two layers.

Icing

1 cup sugar
½ cup water
2 stiffly beaten egg whites
1 tablespoon sugar

Boil cup of sugar and water until it spins a thread. Take from fire and pour slowly into egg whites which have been mixed with the tablespoon of sugar. Beat until thick and ready to spread on cake.

MISS ANNA F. WINSLOW, 206 Mt. Pleasant Street

BEISY SIMNEL

1½ pounds sugar
¾ pound butter
4 eggs
1½ teaspoons soda
6 cups flour
¾ pound sultana raisins
¾ pound currants
a little nutmeg
buttermilk

Cream butter and sugar; add eggs, then all dry ingredients. Mix with buttermilk to a stiff paste. Bake in a loaf tin. Bake in a moderate oven for 1 hour.

MRS. B. PERCIVAL, 25 Homer Street

BRIDES CAKE

1 pound best butter
1 pound sugar
1 pound of eggs
1 pound plain flour
¾ pound currants
¾ pound raisins
1 wineglass of brandy
¼ pound cherries (chopped)
¼ pound almonds (chopped)
¼ pound mixed peel
2 teaspoons spice
2 tablespoons molasses

Cream the ingredients together without milk. Cream the butter and sugar together and gradually add eggs. Grease tin and line with paper and also with grease proof paper, bake 3 hours in a very slow oven. This recipe makes two layers.

MRS. A. CATTERALL, 155 David Street

BUTTERFLY CAKE

⅓ cup shortening
1 cup sugar
2 eggs
½ cup milk
1⅔ cups flour
½ teaspoon salt
1½ teaspoons baking powder
1 teaspoon vanilla

Blend shortening and sugar. Add the well beaten eggs and the milk alternately with the flour which has been mixed and sifted with the baking powder and salt. Beat and stir until all ingredients are thoroughly mixed. Add the vanilla. Bake in 2 square 7 inch cake tins about 25 minutes in a moderately hot oven 350 F.

MRS. GEORGE B. RANDALL, Rochester

CHECKERBOARD CAKE

1½ cups sugar
¾ cups shortening
4 eggs
¾ cup milk
½ teaspoon salt
1 teaspoon vanilla
3 cups flour
3 teaspoons baking powder

Cream shortening and sugar. Add eggs well beaten. Add vanilla. Sift together flour, salt and baking powder. Add alternately with milk to egg mixture. Stir until smooth. Grease three square layer cake tins. Divide cake mixture and add 1 ounce melted chocolate to half the batter. Place six strips of batter across the pans alternating the light and dark. Bake at 375 degrees F. for 25 minutes. To build the cake put layers together with frosting or jelly between, strips all running in same direction. Put light strip above dark and vice versa. In cutting, cut crosswise of the strips. Frost top and sides of cake. Decorate with chocolate shot.

MRS. L. N. MECHABER, 216 Chestnut Street

COCOANUT BUTTERSCOTCH CAKE

2 cups cake flour
4 teaspoons baking powder
¼ teaspoon salt
2 tablespoons butter
1 cup sugar
1 egg beaten until light
1 cup milk
1 teaspoon vanilla

Cream sugar and butter, add egg, flour and baking powder and salt sifted three times together and milk (added alternately with the flour). Beat after each addition until smooth. Add vanilla. Bake in 2 oiled 9 inch layer pans 25 minutes in moderate oven at 375° F. Put layers together with Butterscotch Filling. Cover entire cake with boiled frosting made of brown sugar.

FILLING:

½ cup cake flour
1 cup milk
2 tablespoons butter
1 tablespoon cream
¾ cup brown sugar
2 egg yolks
¾ cup moist shredded cocoanut
1 teaspoon vanilla

Sift flour and combine with sugar. Scald milk, add gradually to sugar. Put all together in double boiler. Cook until thickened, stirring constantly. Beat yolks well. Stir into mixture and cook ten minutes longer. Remove from fire and add butter, vanilla, cream and cocoanut. Cool and spread between layers of cake. Makes enough filling for one 9 inch layer cake.

ELSIE L. BRYANT, 205 Summer Street

CHOCOLATE CAKE

2 cups flour
1 cup sugar
½ cup cocoa
1 heaping teaspoon baking powder
1 level tablespoon lard
1 level teaspoon soda
pinch salt
1 egg
1 cup water

Cream sugar and shortening. Add the egg and then cocoa, salt and 1 cup of the sifted flour. Add enough water to dissolve the mixture. Add soda, baking powder and the other cup of sifted flour. Add the rest of the water. It should be a thin mixture when ready to be put in baking tins. Takes ten or fifteen minutes to bake in hot oven. Use any frosting.

DORIS BONIN, 82 Dean Street

CHOCOLATE CAKE

2 squares chocolate
1 tablespoon sugar
½ cup milk
yolk of 1 egg

Cook this mixture on the stove stirring constantly. Let cool. Then take:

white of egg
1 egg
piece of butter size of egg
1 cup milk
1 cup sugar
1½ cups flour
2 teaspoons baking powder
vanilla

Put two mixtures together and beat well. Bake in a moderate oven. Delicious.

MRS. LENO P. DUTRA, Provincetown

COCOANUT AND CHOCOLATE POTATO CAKE

(This precious recipe was handed down from the wife of the third governor of Massachusetts who used it way back in 1787.) All measurements are level.

1 can cocoanut (southern style)
1 cup shortening
1 cup sugar
2 squares chocolate
4 eggs
¾ cup milk
2 cups flour
2 cups cold mashed potato
1 teaspoon salt
2 teaspoons baking powder
1 teaspoon cinnamon
½ teaspoon cloves

Cream shortening and sugar, add melted chocolate, egg yolks (well beaten) cocoanut, potatoes. Sift together remaining dry ingredients, add alternately with milk. Last fold in egg whites (beaten stiff and dry). Bake 45 minutes in moderate oven.

MRS. R. FORAND, 50 Howland Rd., No. Fairhaven, Mass.

CHOCOLATE JELLY CAKE

1 cup sugar
1 egg
½ cup sour milk
1½ cups sifted flour
¼ cup butter
1 square chocolate
1 level teaspoon soda
¼ cup boiling water added after flour
vanilla

JELLY FILLING:

Put into double boiler, 1 cup water, ⅔ cup granulated sugar, 1 heaping teaspoon cornstarch mixed with ⅓ cup cold water. Add 1 tablespoon butter melted as soon as taken from stove. Vanilla.

MRS. NELLIE F. LEMUNYON, Adamsville, R. I.

CHOCOLATE ICE BOX CAKE

2 ounces chocolate
¼ pound granulated sugar
4 tablespoons cold water
4 well beaten egg yolks
¼ pound butter
1 cup sifted powdered sugar
½ cup chopped nuts
1 teaspoon vanilla
4 stiffly beaten egg whites
½ pound lady fingers

Put the chocolate in the top of a double boiler to melt; then add sugar and the yolks beaten with the cold water. Stir the mixture constantly and cook until quite thick. Remove from the fire and chill. While the first mixture is cooking cream the butter, add the sugar and beat thoroughly to make a creamy light mixture, then add the nuts and vanilla. Mix thoroughly the first and second mixtures, then add the beaten egg whites. Use a melon mold or spring form and line bottom and sides with lady fingers, separated and placed so that the round side is next to the pan. Pour into this part of the mixture, then a layer of lady fingers halved, alternating the mixture and the lady fingers until all of the filling is used. Cover the top with lady fingers in fancy design, if desired. Place in ice box for 24 hours. Remove from the pan when ready to serve and decorate with sweetened whipped cream and candied fruit.

MRS. FANNIE M. ALLEN, President Quota Club

CHOCOLATE LOAF CAKE

1½ cups sugar
½ cup butter
1 cup milk
2 cups flour
2 eggs
1 teaspoon vanilla
2 teaspoons baking powder
2 squares chocolate, bitter

Beat to a cream, 1 cup of sugar and butter; add eggs well beaten; ½ cup of milk and the vanilla. Sift baking powder with flour twice; add to the above ingredients. Dissolve chocolate; ½ cup milk; ½ cup of sugar in saucepan. Add and beat well. Bake in a moderate oven ¾ of an hour. Makes 1 large loaf.

MRS. LOUISE G. LEAL, 191 Washington Street

WHITE FROSTING FOR CHOCOLATE LOAF CAKE

½ pound confectioners' sugar
1 small piece of butter
¼ cup of milk
1 teaspoon vanilla extract

Rub the butter into the sugar. Heat the milk and add gradually to the sugar and butter. Put back on the stove for a couple of minutes stirring all the time. Remove from the stove; add the vanilla and beat until ready to spread on the cake.

MRS. LOUISE G. LEAL, 191 Washington Street

COFFEE CHOCOLATE CAKE

⅔ cup butter
2 cups sugar
2 eggs
½ cup milk
1 square chocolate
½ cup strong coffee
2½ cups flour
3 level teaspoons baking powder
½ level teaspoon salt
1 teaspoon vanilla extract

Beat the butter and sugar until light and creamy, adding the well beaten yolks of the eggs as soon as the butter and sugar are well mixed. Put in chocolate, softened, the coffee and milk. Add flour, baking powder, and salt sifted together, then vanilla. Beat vigorously, fold in beaten whites of the eggs. Bake about ¾ hour in two loaf cake pans, having the oven moderately hot. Frost if desired.

SOPHIE NOVAK, 141 Holly Street

CHOCOLATE MARBLE CAKE

½ cup butter
1 cup sugar
½ cup milk
1½ cups flour
1 tablespoon flour
whites 4 eggs
1 teaspoon vanilla
2½ teaspoons baking powder
1 square unsweetened chocolate
½ teaspoon salt

Cream butter and add sugar gradually; then add milk alternately with flour mixed and sifted with 2 teaspoons baking powder, salt, whites of eggs beaten until stiff and dry, add vanilla. To ⅓ of the mixture add melted chocolate and reserved baking powder mixed and sifted with remaining flour. Butter a deep cake pan, put in mixture by spoonsful and bake in a moderate oven 50 minutes.

MRS. S. A. BROOKS, 103 Maple Street

MOIST CHOCOLATE CAKE

⅓ cup shortening
1 cup sugar
3 squares chocolate melted
½ teaspoon salt
1 cup sour milk
1 teaspoon soda
1½ cups flour (sifted 3 times)
1 teaspoon vanilla

Cream the shortening and the sugar. Add the melted chocolate. Dissolve the soda in the sour milk and add to creamed mixture. Put salt in the flour. Add the flour and vanilla. Beat well. Pour into a greased tin, bake in a moderate oven 35 minutes. Frost with

CREAMY FROSTING:

1 cup confectioner's sugar
1 tablespoon butter
1 tablespoon milk
½ teaspoon milk
½ teaspoon vanilla

Beat with silver fork until just like whipped cream.

MRS. WILLIAM WRIGHT, 19 North Street, Middleboro

NEVER FAIL CHOCOLATE CAKE

2 squares chocolate or 3
tablespoons cocoa
butter size of egg
1 cup sugar
1 cup flour (good measure)
2 teaspoons baking powder
½ cup milk
2 eggs (unbeaten)
1 teaspoon vanilla

Melt chocolate and butter together and remove from fire. In same pan put the other ingredients in the order given. Do not stir until everything is in pan, then beat well and bake in moderate oven about 45 minutes.

MRS. EDITH B. HOYLE, 355 County Street

CHOCOLATE ROLL

5 eggs
1 cup sugar
½ cup cocoa
1 teaspoon vanilla
¼ teaspoon salt
½ pint cream

Beat yolks for 10 minutes with sugar. Add cocoa, salt, vanilla and fold in stiffly beaten whites. Pour into a shallow pan 9x13 inches, lined with well buttered wax paper. Bake in a 400 F. oven for 15 to 20 minutes. When done, turn at once onto a clean towel, trim off the crisp edges on all sides and when fairly cooled, spread with the cream whipped, sweetened and flavored. Roll over and over keeping the towel between fingers and cake. Roll cake in the towel and let stand 1 hour before serving. Sprinkle with powdered sugar and slice crosswise.

MRS. DORIS BRIERLEY, 649 Brock Avenue

PRISCILLA'S CHOCOLATE CAKE AND JAPANESE FROSTING

3 squares of chocolate
⅓ cup butter
½ cup boiling water
1 cup and 1 tablespoon sugar
1 cup and 1 tablespoon sifted flour
1 level teaspoon cream tartar
½ level teaspoon soda
2 beaten eggs
¼ cup milk
⅛ teaspoon salt
¾ teaspoon vanilla

Pour boiling water over butter and chocolate which has been shaved fine. When blended add the sugar and stir until dissolved, then heat (helps to dissolve it). When mixture cools add other ingredients as usual in order given. Makes a good sized loaf. Bake in moderate oven about 40 minutes.

Japanese Frosting

1 cup confectioner's sugar
¼ cup butter
1 egg white

Cream butter and half the sugar. Beat egg white stiff, add rest of sugar. Beat well. Combine the two and flavor with a little vanilla.

MRS. WILLIAM RITCHIE, 83 Mill Street

CHOCOLATE ROLL

2 beaten egg yolks
1 cup sugar
4 tablespoons cold water
1 cup flour
1½ teaspoons baking powder
½ teaspoon salt
2 beaten egg whites

Beat yolks, add sugar slowly and cold water. Sift flour with baking powder, salt and add alternately with beaten egg whites. Spread very thinly on long greased pan. Bake in a moderate oven about 15 minutes. Turn out on damp cloth. Sprinkle with powdered sugar, trim hard edges, spread with filling and roll in cloth while warm. When cool remove to plate and sprinkle with powdered sugar.

MRS. A. CADORETTE, 264 Bates Street

FILLING FOR CHOCOLATE ROLL

¾ cup milk
1½ squares melted unsweetened chocolate
¼ cup flour
¼ cup cold milk
1 tablespoon butter
½ cup sugar
1 egg
¼ teaspoon salt
½ teaspoon vanilla

Scald milk with chocolate, thicken with flour mixed with cold milk; add butter, beat sugar, egg and salt together and add. Cook over hot water until smooth and thick; add vanilla and spread.

MRS. A. CADORETTE, 264 Bates Street

CHOCOLATE SOUR MILK CAKE

2 squares of chocolate
½ cup boiling water
¼ cup shortening
1 cup sugar
¼ teaspoon salt
1 cup flour
¾ teaspoon soda
¼ cup sour milk or cream
1 egg

Put shortening, chocolate and water in mixing bowl. Set over fire in pan of hot water until chocolate melts, beating a little until glossy. Remove from fire, add other ingredients in order given. Mix well before adding egg—unbeaten. Beat well 2 minutes and bake in a moderate oven about 20 minutes.

MISS MONA PRATT, Marion

FROSTING, CHOCOLATE

2 squares chocolate
⅔ cup milk
⅔ cup sugar
1 tablespoon butter
pinch of salt
teaspoon vanilla

Melt chocolate and butter, add milk, sugar and salt. Boil gently until thick, stirring once in a little while. Remove from fire, beat and add vanilla.

MISS MONA PRATT, Marion

APPLE COFFEE CAKE

1 cup milk, scalded and cooled
1 tablespoon sugar
1 yeast cake
3½ cups sifted flour
¼ cup butter or other shortening
2 eggs
5 apples
½ teaspoon salt
½ cup sugar

Dissolve yeast and 1 tablespoon sugar in lukewarm milk, add 1½ cups flour to make sponge and beat until smooth. Cover and set aside in a warm place until light. (About ¾ of an hour). Have sugar and butter well creamed and add to sponge. Add eggs well beaten and remaining flour and salt. Knead lightly. Place in well greased bowl, cover, and set aside to rise — about 2 hours. Roll ½ inch thick. Place in large sized roasting pan, brush with butter and sprinkle with sugar. Cut apples in eighths and press into dough, sharp edge downward, and sprinkle with cinnamon. Cover and let rise ½ hour. Bake 20 minutes. Put cover of roaster on for first 10 minutes that apples may be thoroughly cooked.

MRS. GEORGE F. CRONIN, 17 Hussey Street.

SOLID CHOCOLATE CAKE—NO EGGS

1 cup sugar
1 tablespoon shortening
1 cup sour milk
1 level teaspoon baking soda
1 pinch salt
1 teaspoon vanilla
2 tablespoons cocoa
1½ cups flour

Mix in order given, combine sour milk, salt and soda. Stir well until creamy, add to first two ingredients, add vanilla. Sift flour and cocoa 3 times before adding, beat all well. Turn into 1 square cake pan or two layers. Bake 20 minutes in moderate hot oven.

MRS. HANNAH DESCHENE, Adamsville, R. I.

SOUR MILK CHOCOLATE CAKE

2 cups light brown sugar
½ cup butter
2 eggs
1 teaspoon soda
½ cup sour milk
2 cups flour
2 squares chocolate
½ cup hot water
1 teaspoonful vanilla extract

Beat sugar and butter together, add eggs, and chocolate melted in the hot water. Dissolve the soda in the sour milk, add alternately with the sifted flour to the other mixture. Mix well, add the flavoring and bake in a moderate oven.

MRS. WILLIAM MURPHY, 280 Ash Street.

WALNUT CHOCOLATE CAKE

¼ cup chocolate powder
½ cup butter
1½ cups flour
½ cup milk
1 cup walnut meats
1 cup sugar
2 egg yolks
2½ teaspoons baking powder
2 tablespoons hot water
1 teaspoon vanilla

Cream butter, add sugar, yolks of eggs well beaten and flour in which baking powder has been sifted. Then add milk, and chocolate which has been moistened with hot water. Beat well and add walnut meats. Bake in buttered jelly cake pans for 20 minutes. Spread one cake with ½ cup of sweet chocolate powder, moisten with ¼ cup boiling water and flavor with 1 teaspoon vanilla. Sprinkle with broken walnuts, cover with other cake and ice with white frosting.

MRS. KATE McCLURG, 18 Bannister Street.

COFFEE GINGER CAKE

1 egg beaten
1 cup molasses
3 tablespoons ginger
1 teaspoon melted shortening
2 teaspoons cinnamon
1 teaspoon soda
½ teaspoon salt
½ cup boiling coffee
1¾ cups sifted flour

Beat egg in mixing bowl and stir into it molasses, ginger, melted shortening, cinnamon, soda, salt and boiling coffee. Beat in flour. Transfer to a well oiled dripping pan and bake 35 minutes in an oven at 350 degrees F. Serve warm with butter, or hot or cold with whipped cream which has been sweetened with a little honey and flavored with a few drops of lemon juice.

MRS. JEANETTE DESJARDINS, 164 Rivet Street.

CHRISTMAS COFFEE CAKE

1½ cups lukewarm milk
2 cakes compressed yeast
3 eggs
⅓ cup sugar
1 cup chopped nuts
½ cup raisins
½ cup candied cherries
4½ cups bread flour (measured after sifting)
¼ cup melted shortening
Brown sugar

Pour into mixing bowl the lukewarm milk. Break the yeast cake into it, add eggs and 1-3 cup sugar. Beat with egg beater until smooth. Add ½ cup nuts, the raisins and cherries. Add bread flour. When partly mixed add shortening. Mix until smooth. Turn onto floured molding board. Knead into round, smooth ball about 5 minutes, put in greased bowl. Cover top lightly with melted shortening. Let rise in warm place about 2 hours. Grease large shallow tin generously. Sprinkle thickly with rest of nuts (more if needed) and brown sugar. Mold dough in pan and let rise, until double its size. Bake slowly about ¾ hour. Turn bottom side up when baked.

MRS. C. B. GRINNELL, 170 Willow St.

QUICK COFFEE CAKE

2 cups pastry flour
1 teaspoon salt
2½ teaspoons baking powder
2 tablespoons sugar
⅔ cup seeded raisins
1 egg
1 cup milk

Sift flour, salt, baking powder and sugar. Add raisins and mix well. Add beaten egg and milk. Beat thoroughly and turn into greased biscuit pans. Spread evenly. Brush over top with melted butter and spread generously with sugar and cinnamon. Bake in moderate hot oven 25 minutes.

MRS. PARKER H. FRENCH, So. Dennis.

GERMAN COFFEE CAKE

3 cups flour
½ teaspoon salt
3 tablespoons sugar
2 teaspoons baking powder
2 tablespoons butter
2 eggs, beaten
2-3 cup milk

Sift together flour, salt, sugar, and baking powder. Rub in butter, beaten eggs and milk. Stir into dry mixture, adding more milk if necessary to mix to very stiff batter. Spread 2-3 inches thick in well buttered shallow pan. Mix together 2 tablespoons flour, 4 tablespoons granulated sugar and 1 heaping tablespoon cinnamon. Rub in 2 tablespoons butter until it is crumbly. Spread thickly over top of dough. Bake ½ hour in moderate oven.

MRS. ERNEST DENSON, 13 Fairhaven Street, Middleboro.

RAISED COFFEE CAKE

4 cups bread dough
¼ teaspoon mace
½ cup raisins
¼ cup flour
½ cup butter
3 eggs
¼ teaspoon cinnamon
½ cup sugar

To bread dough, add remaining ingredients. Work into smooth, elastic dough and let rise until double in bulk. Shape into individual cakes or in two larger cakes. Put in greased pans, let rise until double in bulk and bake 35 to 40 minutes in hot oven.

MRS. JOSEPH LEMAIRE, 306 Brock Avenue.

CREAM LOAF CAKE

½ cup shortening
1 cup sugar
3 egg yolks
1 teaspoon lemon extract
½ cup rich milk
1 cup flour
½ cup cornstarch
3 level teaspoons baking powder
2 beaten egg whites

Cream shortening well with sugar, add egg yolks, lemon extract, a little at a time, rich milk, flour sifted with cornstarch and baking powder. Fold in beaten egg whites and bake in greased loaf pan in moderate oven about 45 minutes.

Frosting:

Put 1 unbeaten egg white into shallow dish, add ½ cup confectioners sugar gradually beating with wire. Whip until of right consistency to spread; add 1 teaspoon vanilla and spread on top and sides of cake.

MRS. EVA BEDARD, Onset.

CUP CAKES WITH CURRANT JELLY MERINGUE

4 tablespoons butter
1 cup sugar
⅔ cup milk
1 egg
2 cups flour
3 teaspoons baking powder
⅛ teaspoon salt
1 teaspoon orange extract
grated rind of 1 orange

Cream shortening; add sugar slowly beating well; add milk a little at a time; add beaten egg; sift flour, baking powder and salt together and add to mixture; add flavoring and grated orange rind; mix well. Bake in greased and floured individual cake tins in moderate oven 15 to 20 minutes. When cool cover with a meringue made of the white of 1 egg and ½ cup currant jelly. Put egg white and jelly together into bowl and beat with egg beater or wire whip until stiff. Spread on top of cakes. These cup cakes are delicious.

MRS. CLAUDIA L. HEVEY, 809 County Street.

CUSTARD CORN CAKE

¾ cup yellow corn meal
¼ cup flour
1 teaspoon baking powder
2 tablespoons sugar
1 egg
1 cup milk
2 tablespoons butter
½ cup milk

Sift together corn meal, flour, baking powder and sugar. Add egg, and milk and stir thoroughly. Melt butter in large baking pan; turn mixture in pan and over this pour ½ cup milk, but do not stir. Bake 25 minutes in quite a hot oven.

MARION STEVENS, Green Street, Fairhaven.

DATE CAKE

⅔ cup shortening
1½ cups brown sugar
4 eggs
3¼ cups flour
5 teaspoons baking powder
1 teaspoon cinnamon
½ teaspoon nutmeg
1 teaspoon salt
1½ cups chopped stoned dates
¾ cup milk

Cream shortening and sugar together, add well beaten eggs and mix well. Mix and sift flour, baking powder, cinnamon, nutmeg and salt, and add alternately with milk to first mixture. Beat well, add dates and mix well. Bake in a moderate oven.

MRS. HARRY L. YOUNG, Rear 134 Bridge St., Fairhaven.

DEVILS FOOD CAKE

½ cup sugar
½ cake chocolate
1 cup milk
2 teaspoons vanilla
½ cup butter
1 cup sugar
2 eggs
½ cup milk
1 teaspoon baking powder
3 tablespoons boiling water
2 cups cake flour
½ teaspoon salt
1 cup sweetened cream
½ cup walnuts

Put ½ cup sugar into small saucepan; add ½ cake chocolate, and 1 cup of milk. Put on stove and stir until it boils 5 minutes, stirring now and then and careful that it does not burn. Remove from fire; add 2 teaspoons vanilla and set aside to cool. Beat ½ cup butter and 1 cup sugar to light cream, then add 2 eggs well beaten and beat 2 minutes. Now add ½ cup milk, 1 teaspoon baking powder dissolved in 3 tablespoons boiling water. Mix in cake flour, salt and chocolate mixture. Mix carefully and divide into 2 large greased and floured layer tins and bake in moderate oven 25 minutes. Turn to cool and put sweetened cream, whipped between layers of cake and cover with boiled frosting or either spread with a plain chocolate frosting and chopped walnuts very fine and sprinkle on top of cake.

MRS. EMILY BOWERS, 23 Cottage Street.

BLACK DEVILS FOOD CAKE

⅔ cup shortening
1½ cups sugar
3 eggs
⅔ cups cocoa
2 cups flour
½ cup hot water
2 teaspoons baking powder
1 cup sour milk
1 teaspoon vanilla
1 teaspoon salt

Cream shortening and sugar, add eggs. Beat cocoa in hot water and add to first mixture. Add milk beaten with soda and flavoring, lastly stir in flour, salt and baking powder, sifted together. Bake in 3 layer cake tins.

Icing

1¾ cups granulated sugar
⅛ teaspoon salt
½ cup water
3 egg whites
12 marshmallows

Cook sugar and salt with water until it forms soft ball in cold water. Pour slowly over 3 egg whites beaten stiff, beating mixture as you do so. While icing is still hot, fold in marshmallows, cut in pieces. Beat until of consistency to spread.

MRS. HARRY M. FULLER, 112 Clark Street.

DATE ROLL

2 cups sugar
1 cup cream or evaporated milk
2 cups (1 package) sliced dates
1 cup chopped nut meats

Cook the sugar and milk to the soft ball. Add the dates and continue cooking, stirring constantly, until mixture will form a firm ball in cold water. Remove from fire, add nuts and pour into a greased pan. When cool enough to handle shape into a roll ½ inch in diameter. Cut into small pieces with a sharp knife or scissors. Wrap each piece in wax paper.

MRS. THOMAS GAMACHE, 49 Ethel Street.

EGGLESS, MILKLESS AND BUTTERLESS CAKE

1 cup sugar
1 cup raisins
1 cup cold water
1 tablespoon lard
1 teaspoon cocoa
1 teaspoon cinnamon
½ teaspoon salt
½ teaspoon allspice
½ teaspoon cloves

Boil altogether for 5 minutes and let cool. When cool dissolve 1 good teaspoon soda in a little warm water and stir in. Then sift in 2 cups flour and bake in a slow oven 1 hour.

MRS. O. CHAUINARD, 67 Cambridge Street, Middleboro

ECONOMY CAKE

2 eggs
1 cup sugar
2 tablespoons butter
speck of salt
1½ cups flour
1 teaspoon vanilla
1 cup milk
1 tablespoon cocoa
2 teaspoons baking powder

Cream butter and sugar; add eggs well beaten, salt and vanilla. Add milk and mix well. Stir in flour to which baking powder is added. After mixing pour into greased pan, leaving a cupful in mixing bowl. To this add cocoa and a little milk to make right consistency. After stirring into mixture drop by spoonfuls on top of that already in the pan. Bake in moderate oven. Cover with uncooked frosting.

Frosting

2 cups confectioner's sugar
½ teaspoon vanilla
butter size of walnut

Put all in bowl and add slowly sufficient hot coffee to make a smooth paste. Spread over cake when cold.

MRS. EDWIN V. HARWOOD, 15 Matthew Street

EMPIRE STATE CAKE

1 cup butter
2 cups sugar
4 eggs
2 cups flour
2 teaspoons baking powder
1 teaspoon nutmeg
1 teaspoon cinnamon
1 teaspoon allspice
1 teaspoon cloves
1 cup mashed potato
½ cup sweet milk
1 teaspoon vanilla
1 teaspoon lemon extract
1 cup grated melted chocolate
1 cup walnut meats

Cream butter very thoroughly, add sugar gradually, add well beaten eggs. Beat well. Sift dry ingredients and add alternately with potato to which milk has been added. Add flavorings and chocolate. Last of all add nuts. Cake may be baked in a loaf or small individual cake pans. Cover with boiled frosting or melted fondant. Bake in moderate oven.

MRS. GRACE R. COYLE, 87 Glennon Street.

FIVE MINUTE CAKE

Warm 1-3 cup butter. In same cup break 2 eggs and fill up cup with warm milk. Add:

1 cup sugar
1½ cups flour
1½ teaspoons baking powder
1 teaspoon vanilla

Beat 5 minutes and bake in moderate oven.

GRACE FERNANDES, North Harwich.

FRUIT CAKE

2 cups shortening
2 cups light brown sugar
7 eggs
4 cups flour
2 teaspoons mace
2 teaspoons cinnamon
½ pound date meats, chopped
2 teaspoons baking powder
few grains of salt
2 tablespoons of fruit juice
2 tablespoons of milk
2 pounds of currants
2 pounds raisins seeded
½ pound citron, sliced

Cream the shortening, add sugar gradually and beat for 5 minutes. Beat egg yolks until light and lemon colored and the whites until stiff and dry. Add these to the butter and sugar mixture, add milk, fruit juice, chopped nuts and fruit that have been rolled in flour. Lastly add the well sifted dry ingredients, flour, spices, baking powder and salt. Beat the mixture thoroughly and bake in round pan lined with oiled paper, then bake 4 hours in a slow oven. Cover cake with several thicknesses of oil paper the last hour of baking.

MRS. F. G. WOODCOCK, Clifford.

FOG CAKE

3 egg whites beaten stiff
¾ cup sugar
beaten yolks of eggs
1½ teaspoons vinegar
¾ cup flour
salt
½ teaspoon baking powder

Beat whites of eggs and add sugar. Beat yolks and add vinegar. Mix the two mixtures and beat well. Add flour, salt and baking powder. Bake in angel cake tin or a small loaf pan.

MRS. KENNETH KENDRICK, Chatham.

FRENCH ICE BOX CAKE

2 squares chocolate
1⅓ cups condensed milk
½ cup water
vanilla wafers

Melt chocolate in double boiler. Add milk and stir occasionally for 3 minutes until mixture thickens. Add water, line a mold with paraffin paper and cover bottom of mold with thin layer of chocolate. Then add layer of vanilla wafers and another chocolate. Keep putting layers until mixture is gone, on top lay wafers. Let stand in ice box 24 hours. Turn on a platter and remove paper. Cut in slices and serve plain or with cream.

MRS. BERTHA MILLER, 3 Tarkiln Hill

CHEAP FRUIT CAKE

1 box seeded raisins
2 cups sugar
2 cups cold water
2 tablespoons lard
1 teaspoon soda
1 teaspoon cinnamon
1 teaspoon clove
1 teaspoon allspice
3 or 4 cups of flour to make mixture stiff

Boil together for 5 minutes seeded raisins, sugar, cold water, and lard. Allow to cool, then add soda, and spices. Add flour. Bake in slow oven about 1¼ hours.

MRS. FLORENCE B. CRUMP, Monument Beach

CHEAP RAISIN FRUIT CAKE

2 cups seedless raisins
2 cups water
1½ cups sugar
2 tablespoons shortening

Put together and boil for a few minutes. Let cool and then add:

1 teaspoon cinnamon
½ teaspoon nutmeg
¼ teaspoon cloves
1 teaspoon soda
½ teaspoon baking powder
3 cups flour
1 cup chopped nuts, if desired

Mix all together and place in shallow loaf tin or ginger bread pan.

MRS. MILTON C. ANDREWS, 246 Whitman Street.

CORN SYRUP FRUIT CAKE

2 cups corn syrup
1 cup brown sugar
1 cup butter
1 cup milk
1 tablespoon cinnamon
1 tablespoon cloves
1 tablespoon grated nutmeg
4 eggs
4½ cups flour
½ cup cornstarch
1 cup raisins
1 cup currants
3 teaspoons baking powder

Beat the butter, sugar and corn syrup to a cream. Add the eggs, well beaten, the milk alternately with the dry ingredients sifted together, then the spice. Add raisins and currants well floured next. Bake in a very moderate oven 1 hour.

MRS. GRACE STEVENSON, 1253 Cove Road.

DARK FRUIT CAKE

1 pound fat pork
2 cups boiling water
2 cups brown sugar
1½ cups molasses
4 eggs
1 teaspoon saleratus
2 teaspoons allspice
2 teaspoons cinnamon
2 teaspoons cloves
1 teaspoon nutmeg
½ pound citron
1 package raisins
1 package currants
½ cup walnuts
5 cups flour

Put pork through meat chopper using smallest cutter. Add boiling water, sugar and molasses. Drop eggs in unbeaten, stir well. Dissolve saleratus in a little warm water. Add spices sifted in flour. Lastly add floured fruit. Do not have the mixture stiff. Bake slowly for 2 hours.

MRS. JAMES E. McCUSKER, 78 Willis Street.

DARK FRUIT CAKE

1 tablespoon butter
1 cup sugar
1 egg
½ package large raisins, boiled
1 cup raisin water
2 cups flour
¼ teaspoon salt
1 teaspoon soda
1 teaspoon nutmeg
½ teaspoon cloves
½ teaspoon cinnamon

Mix sugar and butter, then add egg. Mix in 1 cup water, ½ package raisins. Mix spices, soda with flour and add to the other ingredients last. If a better cake is desired use 2 eggs, nuts and citron.

MRS. HAROLD A. BAYNE, Osterville.

DARK FRUIT CAKE — (without butter, eggs or milk)

2 cups sugar
½ pound currants
1 pound raisins
2½ cups water
1½ teaspoons mixed spices (cinnamon, clove and nutmeg)
½ cup chopped citron
½ teaspoon salt
2 heaping tablespoons drippings or lard
½ cup nuts (chopped)
1 tablespoon candied orange or lemon peel

(The two latter ingredients may be omitted without spoiling cake)

Boil all together (except nuts, which should be added last when all is mixed) for 5 minutes. It is well to do this at night, in order that the mixture may become thoroughly cool before adding other ingredients. When cold add 4 cups flour, sifted with 1 teaspoon saleratus. Beat well, put in one large pan or two bread tins, well greased and lined with paper. Bake in moderate oven, 1¼ hours or longer. This cake keeps very well, and may be used also for a pudding by slicing and pouring over golden or other sauce. A very good substitute for expensive wedding fruit cake may be made from it by baking it in a large medium pan, and frosting and decorating with usual white frosting forced through a pastry tube or decorator.

MRS. LILLIAN R. CONNOR, 389 Maxfield Street

DARK RICH FRUIT CAKE

2 cups flour
1¼ cups sugar
1 teaspoon baking powder
1 cup currants
1 cup raisins
¼ pound candied peel
¼ pound lemon peel
¼ pound citron
½ pound walnut meats
½ pound candied cherries
½ teaspoon nutmeg
½ teaspoon allspice
½ teaspoon cinnamon
¼ cup molasses
½ cup milk
6 eggs
½ pound butter

Sift flour, sugar, baking powder and spices together. Rub in the butter with the finger tips; add raisins, currants, candied peel, walnuts, cherries; add molasses and milk and lastly the beaten eggs. Mix all thoroughly. Bake in good sized well greased cake pan for 2 hours.

MRS. ANNIE MOSS, McGurk Street

DELICIOUS FRUIT CAKE

6 large figs
1 cup raisins
½ cup chopped walnuts
1 cup boiling water
½ cup butter
2 eggs
1 teaspoon cinnamon
1 cup sugar
1 teaspoon soda
1 teaspoon cloves
1½ cups flour
1 teaspoon vanilla
1 teaspoon lemon
little salt

Chop figs fine. Over figs, raisins and chopped walnuts pour boiling water with soda in it. Let stand until cool. In another dish put sugar, butter, eggs, well beaten, salt, cinnamon, cloves, vanilla and lemon. Beat well then add fruit and flour.

MRS. FRANK CHASE, Dennis Port.

GRANDMA K's FRUIT CAKE

1 coffee cup brown sugar
½ cup butter
1 tablespoon cinnamon
1 tablespoon nutmeg
½ teaspoon clove
½ teaspoon allspice
1 cup coffee
2 level cups flour
1 tablespoon saleratus
½ pound citron
1 cup raisins
½ orange

Cream butter and sugar and add spices, then other ingredients.

M. E. KEANE, 332 Clinton Street.

FUDGE CAKE

1 cup sugar
¾ cup butter
2 eggs
1 cup milk
2 squares chocolate
1 teaspoon vanilla
1½ cups flour
3 teaspoons baking powder

Add ingredients in the order given above. Cream butter and sugar together. Beat whites stiff, add a little of the whites to the yolks and beat well. Stir in yolks to mixture, stir in milk and vanilla, chocolate, melted, then add stiff beaten whites and do not stir much. Add flour and baking powder. Mix very little and carefully. Have oven hot at first but moderate after.

Fudge Frosting

2 cups sugar
3 squares chocolate
1 teaspoon butter
9 tablespoons milk
1 teaspoon vanilla
marshmallows

After removing cake from oven slice marshmallows in half and put on top of hot cake. Cook frosting until sugar is melted and until it forms a soft ball in water, then add vanilla and beat but not too long and spread over marshmallows.

MRS. MARGARET M. DVORAK, 80 DeWolf Street.

VERY RICH FRUIT CAKE

1½ pounds sugar
1½ pounds butter
1½ pounds of flour
nine eggs
six small nutmegs
a glass of brandy
½ teaspoon cinnamon
½ teaspoon mace and clove mixed
1 pound currants
1 pound raisins
½ pound citron

Rub the fruit in part of the flour. Mix all ingredients together. Bake in two pans, 2½ hours.

MRS. LAWRENCE GRINNELL, Birchfield Farm, So. Dartmouth
Sec. American Red Cross.

FRUIT CAKE WITHOUT EGGS

½ cup sugar
½ cup molasses
1 cup sour milk
1 cup seeded raisins
4 tablespoons butter
1 teaspoon cinnamon
1 teaspoon cloves
1 teaspoon nutmeg
1 teaspoon soda
2 cups flour

Mix and sift flour, spices and soda. Cream butter and sugar, molasses, sour milk, sifted mixture and raisins. Bake in loaves.

MRS. DELIA HANLON, Sagamore.

GINGERBREAD

½ cup sugar
½ cup molasses
¼ cup butter
½ cup sour milk
1 egg
1 scant teaspoon soda
1½ cups flour
1 teaspoon cinnamon
½ teaspoon cloves
¼ teaspoon salt

Mix in order given and bake at 375 F. for thirty minutes.

MRS. FLORENCE KENDRICK, 206 Maple Street.

ANGEL GINGERBREAD

2 eggs beaten lightly
1 cup sugar
½ cup molasses
½ cup butter
spice to taste
2 level teaspoons soda
2 rounded cups flour

Stir all together; add 1 cup of boiling water. Bake 40 minutes. Serve warm with whipped cream.

MRS. CHARLES L. GIFFORD, Cotuit

GINGERBREAD BANANA SHORTCAKE

1¾ cups flour
1 teaspoon baking powder
1 teaspoon ginger
½ teaspoon salt
½ teaspoon cinnamon
½ teaspoon soda
3 tablespoons shortening
½ cup sugar
1 beaten egg
½ cup molasses
½ cup boiling water

Sift together flour, baking powder, ginger, cinnamon, salt, and soda. Cream shortening and sugar. Add beaten egg and molasses. Add dry ingredients and mix well. Lastly add ½ cup boiling water. Bake in shallow pan in moderate oven 25 to 30 minutes. While slightly warm cover with sliced bananas and pile with whipped cream.

MRS. LeROY S. DAVIS, Falmouth.

ECONOMICAL GOLD CAKE

(All measurements level)

2 cups sifted flour
½ cup shortening
3 egg yolks, beaten light
3 teaspoons baking powder
1 cup sugar
¾ cup milk
½ teaspoon orange extract

Sift flour, measure, add baking powder and sift together 3 times. Cream butter, add sugar and cream together until fluffy. Add egg yolks, then flour, alternately with the milk, and beat after each addition until smooth. Add flavoring and beat well. Pour into greased pan and bake in moderate oven at 350° F., 50 to 60 minutes.

MRS. CHARLES A. YOUNG, 17 Lindsey Street.

GRANDMOTHER'S STRAWBERRY WHIPS

1 cup sugar
½ cup shortening
½ teaspoon salt
½ cup milk
3 eggs beaten light
2 cups pastry flour
2 teaspoons baking powder
½ teaspoon vanilla

Cream shortening, sugar and salt together until light and soft. Add eggs. Mix thoroughly. Sift flour and baking powder together and add alternately with the milk. Last add vanilla. Bake in 16 muffin tins in hot oven 20 to 30 minutes depending on size of muffin tins. When cold cut out the center of each cake and fill with the following mixture:

1 quart strawberries mashed
½ cup powdered sugar
1 cup sweetened whipped cream

Mash strawberries with sugar. Drain off all juices. Mix with cream. Chill before filling cakes. Serve. Put strawberry on top of each.

MRS. EDNA WOOLNER, 35 County Street.

GRAPE ICE BOX CAKE

½ cup minute tapioca
1 pint hot grape juice
1 cup sugar
1½ dozen lady fingers
¼ cup orange juice
1 small bottle maraschino cherries
whipped cream

Cook tapioca and grape juice in double boiler 15 minutes, stirring frequently. Add sugar. Remove from fire and add orange juice, cherries cut fine and cherry juice. Cool. Before tapioca mixture thickens pour it into greased mold arranged with split lady fingers or strips of sponge cake around sides. Chill in refrigerator 12 hours. Unmold, slice and serve with whipped cream.

MRS. ALPHIE PARADIS, 52 Ashley Street.

FUDGE LAYER CAKE—FILLING AND FROSTING

¼ cup butter
1 cup sugar
2 squares melted chocolate
pinch salt
1 egg
½ cup sour milk
1 teaspoon soda
¼ cup boiling water
1½ cups flour (after sifting)
½ teaspoon vanilla

Cream butter and sugar, add well beaten egg. Mix and sift dry ingredients. Mix all liquids together and into them add the dry ingredients. Bake in two layers, in well greased pans in a moderate oven. When the cake leaves the side of the pan and is brown it is done.

Filling

1 cup hot water
2 squares melted chocolate
⅔ cup sugar
1 tablespoon butter
1 tablespoon cornstarch and
½ cup cold water — mixed
½ teaspoon vanilla

Cook until thick, spread on cake when cool.

Frosting

5 tablespoons powdered sugar
2 squares melted chocolate
3 tablespoons boiling water

Boil until it thickens (about 4 minutes), beat, and spread on cake.

MRS. LOUISE AKIN, of Bridgeholme, Padanaram

HICKORY NUT CAKE

1½ cups sugar
1 cup butter, scant
1 cup milk
3 cups flour
2 teaspoons baking powder
whites of 6 eggs beaten stiff
1 teaspoon vanilla
1 pint chopped nuts

Mix sugar and butter to a cream. Add milk and flour. With the last cup mix baking powder. Mix all together. Beat whites of eggs very stiff and add vanilla at the last. Put in choppped nuts and mix once more all together. Bake in moderate oven.

Frosting

1½ cups Pulverized sugar. Let that boil until it is brittle when put in cold water. Beat up whites of 2 eggs until very stiff, then add the sugar and beat until it gets cold. Flavor to taste.

MRS. THOMAS A. EDISON, Llewellyn Park, West Orange, N. J.

JELLY ROLL

3 eggs
1 cup sugar
3 tablespoons water
1 cup flour
⅓ teaspoon salt
1 teaspoon baking powder

Beat the eggs and sugar until very thick; add the water then fold in the flour, salt and baking powder, sifted together twice. Turn into a shallow pan which has been lined with greased paper, spread thinly and bake about 13 minutes in a hot oven 400 F. Invert onto a cloth sprinkled with sugar, spread with warmed jelly or jam and roll up quickly.

MRS. R. TSCHAEN, 210 Rodney French Blvd.

HARLEQUIN CAKE

½ cup butter (creamed)
2 cups sugar
3 egg yolks
1 cup milk
3 cups flour
1 teaspoon cream tartar
½ teaspoon soda
3 teaspoons baking powder
whites of 3 eggs

Mix in order given, and divide the dough into four parts. Have two parts the color of the dough. Color the third and use three squares of chocolate or four tablespoons cocoa. Color the fourth with pink coloring, and bake each in a Washington pie plate. When all are baked, lay first a light cake, then the chocolate, another light, and then the pink. Spread jelly (preferably lemon) between layers and frost with white frosting. This makes a very nice birthday cake.

MRS. SEABURY B. PIERCE, Middleboro

HOT MILK CAKE WITH BOILED FROSTING

3 eggs
1 cup sugar
1 heaping teaspoon baking powder
1 teaspoon flavoring
little salt
½ cup milk
1¼ cups flour
butter size of walnut

Beat 2 eggs and yolk of third until very light. Add sugar and continue to beat. Sift flour, baking powder and salt three times. Heat milk and butter. Add flour and milk alternately and beat well. Add flavoring and bake. May be used for layer, loaf or cup cakes.

Boiled Frosting

3 tablespoons water or fruit juice
1 egg white
1 cup sugar
salt

Mix well in upper part of double boiler, place over rapidly boiling water and beat with rotary egg beater for 7 minutes or until frosting will stand in peaks. Remove from fire, fold in vanilla if water was used and spread on cake. Sprinkle with cocoanut.

MRS. FRANKLIN J. DAVIES, 19 Cottage Street, Fairhaven
President of Fairhaven Mothers' Club

JELLY LAYER CAKE

1 cup sugar
2 tablespoons shortening
2 eggs
½ teaspoon salt
½ cup milk
1 teaspoon vanilla
2 cups flour
3 teaspoons baking powder

Cream the shortening, then cream in the sugar. Add the eggs well beaten and beat until smooth. Add the milk, vanilla and then the flour, salt and baking powder sifted together. Bake in three layers.

Filling

1 scant cup sugar
2 teaspoons shortening
yolks 2 eggs
juice 2 lemons
1 cup water
2 heaping tablespoons cornstarch
rind 1 lemon

Mix the sugar and cornstarch thoroughly and add water. Beat egg yolks until light, then add juice and rind of lemons. Add this to other mixture, add shortening, put in double boiler and stir constantly until thick. When cool spread between the layers and cover top with plain icing.

MRS. J. ALFRED FREDETTE, 270 Shaw Street

MARBLE CAKE

Light part:

- 1 cup sugar
- ½ cup milk
- 2 cups flour
- ½ teaspoon salt
- ½ cup butter
- whites 3 eggs
- 1½ level teaspoons baking powder
- 1 teaspoon vanilla

Cream butter, add sugar then flour sifted with baking powder and salt, alternately with the milk. Add flavoring and fold in whites of eggs beaten to a stiff froth.

Dark part:

- ½ cup brown sugar
- ¼ cup butter
- ¼ cup milk
- 1½ level teaspoons baking powder
- ½ cup molasses
- yolks 3 eggs
- 2 cups flour
- 1 teaspoon cinnamon
- 1 teaspoon allspice

Cream butter, add sugar and molasses, yolks of eggs, milk, added alternately with flour sifted with baking powder and seasoning. Put batter in pan in alternate layers and cook in moderate oven 40 minutes.

MRS. DAVID E. SEABURY, Main Street, Barnstable

FROSTING FOR MARBLE CAKE

Boil 1½ cups brown sugar and ⅛ teaspoon salt with ½ cup water until it spins a thread. Pour ⅓ this syrup over stiffly beaten whites of 2 eggs, beating constantly. Put remainder of syrup on the stove and cook until it forms soft ball in cold water. Add this syrup slowly to mixture and beat until right consistency to spread easily.

MRS. DAVID E. SEABURY, Main Street, Barnstable

NEVER-FAIL LAYER CAKE

Cream ½ cup butter or other shortening and 1 cup sugar. Sift 2 cups flour with 2 teaspoons baking powder and add to sugar and butter alternately with ½ cup milk mixed with 2 beaten eggs. Add ½ teaspoon vanilla. Very good with grape jelly filling; confectioner's sugar dusted lightly over top.

MRS. RALPH CASHEW, East Harwich

ICE CREAM CAKE

½ cup butter
2 cups sugar
1 cup milk
3 cups flour
vanilla
4 teaspoons baking powder
whites 4 eggs

Cream butter and add sugar gradually, and beat. Sift flour and baking powder, and add alternately with milk to the butter and sugar. Add flavoring. Lastly fold in stiffly beaten egg whites. Bake in layers and fill and top with Nut Caramel Frosting.

MISS ALICE BRADLEY, Principal,
Fanny Farmer's School of Cookery, Boston

NUT CARAMEL FROSTING

1¼ cups brown sugar
⅓ cup water
¼ cup white sugar
1 teaspoon vanilla
¼ cup English walnut meats broken up
whites of 2 eggs

Put sugar and water in saucepan and stir to prevent sugar from adhering to pan; heat gradually to boiling point, and boil without stirring until syrup will thread when dropped from tip of spoon. Pour gradually, while beating constantly on beaten whites of eggs and continue the beating until mixture is nearly cool. Set pan containing mixture in pan of boiling water, and cook stirring constantly until mixture becomes granular around edge of pan. Remove from pan of hot water and beat, using a spoon, until mixture will hold its shape. Add nuts and vanilla, pour on cake, and spread with back of spoon, leaving rough surface.

MISS ALICE BRADLEY, Principal,
Fanny Farmer's School of Cookery, Boston

LEMON COCOANUT CAKE

½ cup butter or substitute
1½ cups sugar
½ cup milk
3 cups fine pastry flour
¼ teaspoon salt
3 teaspoons baking powder
½ cup water
1 teaspoon vanilla extract
3 egg whites beaten very light
¼ teaspoon almond extract

Cream shortening, work in sugar. Sift flour, baking powder and salt. Add to the first mixture alternately with water and milk, beat in the extracts and fold in the egg whites. Bake in layers. Put the layers together with lemon filling. Cover the cake with boiled icing and moist cocoanut.

MRS. YVONNE ROUSSEAU, 281 Bates Street

MAY FESTIVAL CAKE

2½ cups flour
½ cup butter
1 cup sugar
1 cup milk
3 eggs
2 teaspoons baking powder
1 teaspoon extract
pinch of salt

Cream butter with sugar until light, next add one at a time the eggs beating each into the creamed butter and sugar until light and fluffy. Next add flour, baking powder and milk alternately. Bake in layer cake pans.

Icing

¼ cup butter
2 tablespoons strong coffee
1 tablespoon cocoa
1½ cups frosting sugar
enough whipped cream to hold its shape

Spread each layer with sifted apricot jam and pile icing on top pyramid shape.

MRS. A. G. TAYLOR, 33 Ethel Street

ORANGE CAKE AND FROSTING AND FILLING

½ cup butter
1 cup sugar
2 eggs
½ cup milk
2 level teaspoons baking powder
1½ cups sifted flour

Warm and cream butter and add sugar gradually, beaten yolks of 2 eggs, milk. Sift flour and baking powder together twice and add. Put pinch of salt in whites of eggs, beat stiff and fold into mixture. If milk and flour are added alternately it doesn't curdle. Bake in two layers in an oven at 375°. Bake until brown and don't dry up the cake.

Filling

1 egg yolk
juice and pulp of 2 small oranges
3 tablespoons flour
1 cup milk
½ cup sugar
little piece butter

Cut oranges in half and scoop out pulp. Drain the juice. Mix the orange juice, flour which has been mixed in the milk and sugar. Cook until thickened. When filling is **cold,** add pulp.

MRS. MAURICE L. CHASE, 470 County Street

ORANGE CREAM CAKE

2 eggs
1 cup sugar
⅔ cup cream
grated rind 1 orange
1⅔ cups flour
½ teaspoon salt
2 teaspoons baking powder

Break the eggs into a bowl; add the sugar and cream and beat for 5 minutes. Add the orange rind, then the dry ingredients sifted together and blend thoroughly. Bake in two layers about 20 to 25 minutes. Put layers together and also top cake with Orange and Cocoanut Filling:

1 egg
1 cup whipped cream
½ cup powdered sugar
1 cup grated cocoanut
grated rind of 1 orange
juice of 1 orange

Beat the egg until light; add the whipped cream and sugar, then the orange rind, cocoanut and orange juice.

MISS MARY C. GASPAR, 204 Gulf Road, So. Dartmouth

PINEAPPLE LAYER CAKE

½ cup butter
1 cup sugar
2 eggs
2 cups flour
¼ teaspoon salt
¾ cup syrup drained from crushed or grated Pineapple
4 teaspoons baking powder

Cream butter and sugar together until light and add well beaten egg yolks. Mix and sift flour, salt and baking powder. Add alternately with syrup. Fold in stiffly beaten egg whites. Bake in layer cake pans in a moderate oven 20 to 25 minutes. Put Pineapple Icing between layers and op top.

Pineapple Icing

2 egg whites beaten to stiff froth
¾ cup well drained crushed or grated pineapple
2 cups sifted powdered sugar

To eggs add sugar then pineapple. Beat well and add enough powdered sugar until mixture holds its shape.

MISS GERTRUDE M. SHERMAN, Rochester, Mass.

ROYAL TROPICAROMA

½ cup shortening
1¼ cups sugar
2 eggs
2½ cups flour
4 teaspoons baking powder
¼ teaspoon salt
1 teaspoon nutmeg
1 teaspoon cinnamon
1 cup milk

Cream shortening, add sugar and beaten eggs. Mix well and add sifted together half the flour, baking powder, salt and spices; add milk and remainder of dry ingredients. Bake ⅔ of this batter in two greased layer tins, and to remaining third add one tablespoon cocoa which has been mixed with 1 tablespoon boiling water. Use this for middle layer. Bake layers in hot oven 15 to 20 minutes. Put following filling and icing between layers and on top of cake:

Frosting for Royal Tropicaroma

2 tablespoons butter
2 cups confectioners sugar
1 tablespoon cocoa
1 teaspoon vanilla extract
3 tablespoons strong coffee

Cream butter. Add sugar and cocoa very slowly, beating until light and fluffy. Add vanilla and coffee slowly a few drops at a time making soft enough to spread.

MRS. HENRY GARDNER, Jr., 365 Wood Street

SPANISH LAYER CAKE

⅓ cup shortening
1 cup sugar
1 egg
1 cup milk
1¾ cups flour
4 teaspoons baking powder
¼ teaspoon salt
1 teaspoon cinnamon

Cream shortening, add sugar gradually, beating well; add beaten egg, ½ the milk and mix well, add ½ the flour which has been sifted with salt and baking powder, add remainder of milk, the flour and cinnamon. Beat after each addition. Bake in greased layer cake tins in moderate oven 15 to 20 minutes.

Icing

Crush 10 strawberries (either fresh or canned) with a little sugar and a few drops lemon juice and let stand until juicy; mix in gradually 3 cups confectioner's sugar. Spread between layers and on top of cake.

MRS. M. ARRUDA, 79 Katherine Street

POOR MAN'S CAKE

1 pound brown sugar
1 package seedless raisins
heaping tablespoon lard and butter mixed
1 teaspoon cloves
1 teaspoon allspice
1 teaspoon ginger
2 cups hot water
4 cups flour (scant)
1 teaspoon soda
1 heaping teaspoon baking powder

Add sugar, raisins, lard and butter, spices, and hot water. Place these ingredients in a saucepan and let boil for 10 minutes. Remove from fire and let cool until lukewarm, then add 4 small cups flour, soda, baking powder and bake in a moderate oven. Makes a layer cake.

ESSIE FREY, 922 Kempton Street

LILY CAKE

⅓ cup butter
1 cup sugar
½ cup milk
1¾ cups flour
2½ teaspoons baking powder
¼ teaspoon salt
whites of 3 eggs
⅓ teaspoon lemon extract
⅔ teaspoon vanilla extract

Cream butter and add sugar gradually while beating constantly; then add milk alternately with flour, mixed and sifted with baking powder and salt. Beat whites of eggs until stiff and add to mixture with flavoring. Turn into a buttered and floured cake pan and bake 45 minutes in a moderate oven.

MISS VERENA B. SLATER, 63 Briggs Street

MOCK SUNSHINE CAKE

4 eggs, beaten separately
1 cup sugar
3 tablespoons cold water
1½ tablespoons cornstarch
1 scant cup sifted flour
1 teaspoon baking powder
¼ teaspoon salt
1 teaspoon flavoring

Beat the yolks of eggs until thick, add gradually the sugar and flavoring. Beat 2 minutes. Add the water. Sift together thoroughly flour, baking powder and salt and add to the first mixture. Beat the whites of eggs to a stiff froth and slide them onto the batter. Cut and fold into the cake. Bake about 35 minutes in a moderate oven in a loaf or tube pan.

C. E. FERNANDES, 41 Byron Street

SPANISH WHIPPED CREAM CAKE

½ cup butter
1 cup cream
2 eggs
2 cups flour
½ cup milk
3 teaspoons baking powder
1 tablespoon cocoa
½ teaspoon cinnamon
½ teaspoon vanilla

Cream butter, add sugar gradually, beating constantly. Add the beaten eggs and mix well. Mix and sift flour, baking powder, cocoa and cinnamon and add alternately with the milk to the first mixture. Add the vanilla and mix well. Pour into two greased layer cake pans and bake in a moderate oven 15 to 20 minutes. When cool put the layers together with the following:

Cocoa Whipped Cream

4 tablespoons cocoa
½ cup confectioners sugar
½ teaspoon vanilla
1 cup heavy cream

Mix cocoa and sugar together and moisten with a little hot water. Add vanilla and cream and beat until stiff enough to hold its shape.

MRS. CLARA P. QUINTIN, 492 Sawyer Street

SURPRISE CAKE

¾ cup butter
1½ cups sugar
3 cups flour
½ cup milk
4 eggs, well beaten
2 teaspoons baking powder

Beat butter and sugar to very light cream; add the eggs, next the milk. Last stir in the flour and baking powder. Grease three round sandwich tins and pour in the mixture equally. Bake in rather hot oven 10 or 15 minutes. Cool and spread the following between:

1 grated rind of lemon
1 finely chopped apple
1 cup sugar
1 well beaten egg

Beat egg and sugar together, put in saucepan with rind and chopped apple. Boil for 4 minutes, cool and spread between each layer.

MRS. P. JOINVILLE, 1049 County Street

MOLASSES CAKE

1½ cups sour milk or buttermilk
1 cup sugar
pinch of salt
1 cup molasses
1 teaspoon soda
little hot water
1 tablespoon butter or lard
ground allspice to taste
flour to make a soft batter

Cream butter and sugar together; add molasses and milk. Stir in soda and then add flour and ground allspice.

MRS. REUBEN W. SERRIS, Waquoit

LEMON CAKE

2 scant cups sugar
½ cup butter
3 eggs
2½ cups flour
1 cup milk
2 teaspoons baking powder
grated rind of lemon
½ teaspoon salt

Beat the butter with half the sugar; add gradually with the remainder of the sugar the well beaten eggs; next put in the grated rind of the lemon, being careful not to use any of the white peth. Lastly stir in the flour, with which the baking powder and salt have been sifted, alternately with the milk. Bake about 40 minutes in a moderate oven and cover with Lemon Frosting.

Lemon Frosting

Take the juice of 2 lemons and add to it powdered sugar until thick enough to spread. Pour over top of cake and smooth with knife which has been dipped in water.

MRS. JENNIE LEMRISE, 284 Collett Street

MINCE-MEAT CAKE

1 package mince meat
¾ cup molasses
1 cup sugar
¾ cup butter
1 egg
1 teaspoon soda
4 cups flour
1 cup coffee

Cream butter, add sugar, eggs, molasses and coffee. Add mincemeat broken in small pieces. Stir in the flour and soda thoroughly. This makes one large or two small cakes.

MRS. CELIA FRANCIS, 51 Independent Street

MOTHER EVE'S CAKE

Take 4 good sized apples; cut them up as you would for apple pie. Place in a deep cake pan the apples. Have pan well buttered. Sprinkle apples with sugar and bake for 10 minutes. Then take:

1 cup flour
½ cup sugar
2 ounces butter
1 teaspoon cream tartar
½ teaspoon soda
1 egg
¾ cup of milk

Mix as you do a cake. Pour the mixture over the apples and bake in a moderate oven. Serve hot with custard poured over it made from custard powder.

FLORENCE DEWHURST, 212 Nash Road

MOTHER'S WEDDING CAKE

1 pound butter
1 pound sugar
9 well beaten eggs
1 pint molasses
3 pounds currants
1 teaspoon cloves
1 pound raisins
1 teaspoon allspice
1 pound citron
2 ounces rose water
1 cup cold coffee
2 ounces brandy
flour enough to thicken

Cream butter and sugar. Add eggs, well beaten, molasses, currants, cloves, raisins, allspice, citron, rose water, coffee, brandy and flour. This makes two loaves.

NELLIE M. BRIGGS, 204 Rockdale Avenue

NEW BRUNSWICK CAKE

2 cups sugar
1 cup butter
3 eggs
3 cups flour
3 level teaspoons baking powder
1 cup milk
vanilla

Bake in a loaf almost like a pound cake.

MRS. EMMA ROBBINS, Falmouth

OLD FASHIONED BROWN CAKE

½ cup shortening
2 cups dark brown sugar
2 eggs
2½ cups flour
1 teaspoon baking powder
1 teaspoon soda
¼ teaspoon salt
1 teaspoon cloves
1 teaspoon nutmeg
2 teaspoons cinnamon
1 cup sour milk
1 teaspoon vanilla
½ cup chopped nuts
1 cup chopped raisins

Cream shortening and sugar together. Add well beaten eggs. Mix and sift flour, baking powder, soda, salt and spices and add alternately with milk to the first mixture. Beat 3 minutes. Add vanilla and fold in nuts and raisins which have been floured with part of the flour called for. Bake in moderate oven about 30 minutes.

Frost with sour cream frosting.

DOROTHY LEWIS, 73 Plymouth Street

ONE EGG CAKE

¼ cup butter
½ cup sugar
1½ cups flour
1 egg
½ cup milk
2½ teaspoons baking powder

Cream butter, add sugar gradually and egg well beaten; mix and sift flour and baking powder; add alternately with milk to first mixture; bake 30 minutes in buttered shallow pan. Spread with chocolate frosting.

MRS. MAE MURPHY, 134 Park Street

FLUFFY ONE EGG CAKE

½ cup sugar
¼ cup butter
1 egg
½ cup milk
1½ cups flour
2½ teaspoons baking powder
½ teaspoon salt
1 teaspoon vanilla

Cream butter, add sugar and cream it with the butter. Add the egg well beaten. Mix and sift flour, baking powder and salt twice. Add alternately with the milk to the first mixture. Add vanilla. Bake about 30 minutes in a greased and floured angel cake tin in a moderate oven. Flavor frosting with vanilla and a little lemon.

EDNA LULEJIAN, Onset

SUGARLESS SUGAR CAKE—ONE EGG

1 egg well beaten
1 cup sweet milk
1 cup white corn syrup
¼ cup shortening
2 cups flour
2 teaspoons baking powder
½ teaspoon vanilla or lemon
1 teaspoon salt

Mix in order given and bake in shallow pan or in cup cakes.

LILLIAN PATNAUDE, 158 Tallman Street

PEACH SHORT CAKE

2 cups flour
4 teaspoons baking powder
½ teaspoon salt
2 teaspoons sugar
¾ cup milk
¼ cup butter

Mix dry ingredients, sift twice, work in butter with tips of fingers and add milk gradually. Pat out on board and place in buttered cake tins. Bake in hot oven 12 minutes. Split with a fork and butter. Sweeten crushed strawberries, sliced peaches or bananas. Place between and on top of short cake. Serve with whipped cream or a sauce.

JANE EZEMOLI, 29 Rockdale Street

PEACH TURNOVER CAKE

Peel and quarter 6 peaches
Cream 1 cup brown sugar and 2 tablespoons of butter

Mix this with peaches. Turn in a greased loaf pan. Make cake batter by beating—

2 egg yolks
½ cup sugar
⅓ cup hot water
½ cup sugar
2 stiffly beaten egg whites
1 cup flour
1 teaspoon baking powder
½ teaspoon salt
1 teaspoon vanilla

Beat egg yolks and sugar until light. Add hot water and another ½ cup of sugar and beat 5 minutes. Fold in egg whites; mix in flour, baking powder and salt. Mix well and add vanilla. Pour this batter over peaches and bake in hot oven 45 minutes. Turn out on platter and serve with whipped cream. Canned peaches may be used by draining off the juice.

MRS. HERMAN F. HARRINGTON, 217 Cedar Street

PINEAPPLE UPSIDE DOWN CAKE

5 slices pineapple
1 cup brown sugar
2 cups flour
2 teaspoons baking powder
½ cup butter
½ cup sugar
½ cup milk
2 eggs

Make ordinary cake, baking in spider pan. Put pineapple on brown sugar in bottom of pan. Pour batter over. Bake half hour.

MRS. HENRIETTA B. ALMY, 21 Morgan Street

PLAIN CAKE

½ cup shortening
¾ cup sugar
2 eggs
2 teaspoons baking powder
½ cup milk
½ teaspoon flavoring
1½ cups pastry flour

Cream shortening and sugar. Separate eggs. Beat yolks until light, add to creamed shortening and sugar. Sift together remaining dry ingredients. Add these alternately with milk, beating thoroughly. Flavor with vanilla. Beat egg whites until stiff and fold into batter. Bake in moderate oven in loaf pan for about 45 minutes.

MRS. J. A. DESLAURIES, 29 Brewster Street

PORK CAKE WITHOUT MILK, BUTTER OR EGGS

(Recipe — 70 years old)

A most delightful cake is made by the use of pork, which saves the expense of butter, eggs and milk. It must be tasted to be appreciated; and another advantage of it is that you can make enough to last the season throughout, for I have eaten it two months after it was baked, still nice and moist.

1 pound fat, salt pork
½ pint of raisins seeded and chopped
1 pound citron shaved into shreds
2 cups of sugar
1 cup of molasses
1 teaspoon saleratus
1 ounce of nutmeg
1 ounce of cloves
2 ounces of cinnamon

Have pork free from lean or rind, chopped so fine as to be almost like lard. Rub mixtures together and stir in sifted flour to make the consistency of common cake mixtures, then stir in nutmeg and cloves also cinnamon. Be governed about the time of baking it by putting a toothpick into it. When nothing adheres it is done. It should be baked slowly.

MRS. ANNIE R. HICKS, Crescent Beach, Mattapoisett.

BOILED RAISIN CAKE

1 cup water
1 cup sugar
½ cup shortening
1 cup raisins
2 cups flour
1 cup walnut meats
1 teaspoon saleratus
1 teaspoon cloves
1 teaspoon salt

Put in a pan and bring to a boil the water, sugar, shortening and raisins. Put aside and cool, add flour, walnuts, saleratus, cloves and salt. Bake in a loaf pan in a moderate oven.

MRS. WALTER HEALY, 631 Hathaway Rd.

RAISIN DEVIL CAKE

1 cup sour milk
4 tablespoons butter
3 tablespoons cocoa
1 heaping cup sugar
½ teaspoon salt
1 cup raisins
2 cups flour
1 teaspoon soda

Mix salt and soda with flour, then add sugar, cocoa, butter and milk. Wash raisins. Mix thoroughly. Bake for 30 minutes in large pan.

MRS. ROSANNA CARDONEEL, 51 Court St.

RAISIN CAKE

¾ cup melted butter
2 ounces sugar
2 eggs well beaten
¼ cup raisin water
1 teaspoon baking soda
2¾ cups of flour
¼ teaspoon allspice
¼ teaspoon mace
¼ teaspoon nutmeg
¼ teaspoon cinnamon
1 package raisins
2 cups water
1 ounce citron or lemon peel

Cream butter and sugar; add eggs well beaten, next add the water strained from the raisins; add flour and soda and spices. Mix well. Boil raisins with 2 cups of water. Last of all add raisins and citron floured. Bake in a deep loaf dish 1 hour in a moderate oven. This cake will keep fresh an indefinite time.

MRS. ALICE GARVEY, 200 Glennon Street.

RACHEL LUTHER'S LITTLE CAKES

1 egg white beaten stiff
½ cup confectioner's sugar or granulated sugar
⅓ cup cocoanut
½ cup pecans or walnut meats chopped
¾ cup corn flakes broken up
1 teaspoon vanilla

Mix all ingredients together and drop from spoon onto baking sheet. Bake slowly in cool oven 30 minutes.

MRS. GEO. B. LUTHER, 72 Fort St., Fairhaven.

ROYAL CREAM LOAF

½ cup shortening
2 eggs
½ cup rich milk or thin cream
½ cup cornstarch
1 cup sugar
1 teaspoon lemon extract
1 cup flour
2 teaspoons baking powder

Cream shortening, add sugar slowly and add beaten yolks of eggs. Add milk little at a time. Sift flour, baking powder together, add to mixture, then fold in whites of beaten eggs. Bake in greased pan from 35 to 40 minutes.

NANCY HEYWORTH, 963 Homestead Street.

CAKE — (Salfarino)

whites 3 eggs
½ cup milk
1½ cups flour
1 cup sugar
½ cup butter
2 teaspoons baking powder

Beat whites of eggs until stiff. Add sugar gradually. Cream butter and add flour and baking powder sifted twice. Add milk gradually. Bake in angel cake pan.

MRS. LOUIS THIBAULT, 95 Richmond Street.

SELF FROSTING CAKE

yolks of 2 eggs
½ cup butter
1¾ cups pastry flour, sifted twice
½ teaspoon vanilla
1 cup sugar
½ cup milk
3 level teaspoons baking powder
salt
beaten whites 2 eggs

Cream butter, add sugar and beaten yolks, dry ingredients sifted together, and whites. Bake in square loaf pan about 54 minutes. Just before putting in oven, sprinkle sugar and chopped nuts over top.

MRS. ISABEL McGRATH, 111 Clark Street

SHELL BARK CAKE

½ cup butter
1 cup sugar
1 cup chopped hickory or walnuts
2 teaspoons baking powder
4 tablespoons milk
3 eggs
1¾ cups flour
½ teaspoon salt

Put butter, sugar and eggs into bowl and blend thoroughly. Add nuts and milk. Fold in dry ingredients sifted together. Beat vigorously. Bake in buttered loaf tin in moderate oven.

MRS. FANNY PILDUS, 35 Fair Street.

SPANISH CAKE

½ cup butter
2 egg yolks
3 teaspoons yeast powder
1 teaspoon cinnamon
½ teaspoon cloves
½ teaspoon ground mace
½ cup milk
2 egg whites
1 cup sugar
1¾ cups flour

Cream butter, add sugar then egg yolks. Add dry ingredients alternately with milk, lastly egg whites, nuts and raisins if desired.

MRS. JOHN A. PARRONE, 12 Pleasant Street, Provincetown.

CHILDREN'S SPONGE CAKE

1½ cups flour
2 teaspoons baking powder
1 cup sugar
2 eggs
¾ cup of milk

Beat eggs and milk together. Stir altogether in a mixing bowl. Beat hard for 5 minutes. Bake about 10 minutes in muffin pans or a large pan.

MRS. M. KINSELLA, 96 Dunbar Street.

SPICE CAKE

2 cups brown sugar
2 cups hot water
1 teaspoon salt
1 teaspoon ginger
1 teaspoon cinnamon
1 teaspoon allspice
1 package seedless raisins
2½ teaspoons baking powder
3 cups flour

Boil sugar, spices, water and raisins together for 5 minutes after it begins to bubble. When cold add flour and baking powder which have been sifted together, then turn into well-greased tin and bake 45 minutes in moderate oven.

MRS. LILY WALTON, 194 Belleville Road.

COCOA SPONGE CAKE

3 eggs
1½ cups sugar
½ cup cold water
1 teaspoon vanilla
1¾ cups flour
¼ cup cocoa
2 teaspoons baking powder
1 teaspoon cinnamon

Beat yolks of eggs light; add water, vanilla, and sugar. Beat again thoroughly then add flour with which the baking powder, cocoa and cinnamon have been sifted. Fold in the stiffly beaten whites of the eggs. Bake in a rather quick oven twenty-five or thirty minutes.

MRS. FRANK LEWIS, 18 Middle Road, Acushnet.

FORT RODMAN POUND SPONGE CAKE

1 pound of flour
¼ pound butter
6 eggs
1 quart of milk
1 tablespoon baking powder
1 pinch of salt
1 teaspoon vanilla
1 pound sugar

Cream butter and sugar and salt; add eggs and milk. Mix well. Mix flour and baking powder well and add this to mixture. Mix well and spread in large shallow pan for a short cake. Place in deep pan for loaf cake (Makes average sized loaf). Bake in very slow oven.

The above makes an excellent sheet cake. The sheet cake covered with fresh strawberries and whipped cream makes a favorite dessert.

LIEUTENANT P. H. MAHONEY, Post Mess Officer at Ft. Rodman.

DELICIOUS SPONGE CAKE

4 eggs
1 cup sugar
juice of an orange
1 cup flour, sifted 4 times
1½ teaspoons baking powder
½ teaspoon salt
grated rind of an orange

Beat yolks and whites of the eggs separately. Beat the whites of the eggs until they are very stiff; add ½ the sugar and beat again. Beat the yolks until they are of lemon color and add the orange juice and grated rind and ½ cup of sugar. Beat well. Add to the whites and beat again. Then fold in the flour. Turn into a pan lined with waxed paper and bake in a moderate oven 40 minutes.

MRS. CHARLES A. McAVOY, 384 Arnold Street.

MOLASSES SPONGE CAKE

1 cup molasses
½ cup sugar
½ cup melted lard
2½ cups flour
2 teaspoons soda (level)
½ teaspoon salt
1½ teaspoons ginger
1 teaspoon cinnamon

Mix all thoroughly together, add 1 egg and then 1 cup boiling water. Bake 30 minutes, serve hot with whipped cream.

MRS. DANIEL BEARER, South Street, Hyannis.

ORANGE SPONGE CAKE

3 eggs beaten well
pinch of salt
1 cup sugar
1¼ cups flour
1 teaspoon baking powder
½ cup orange juice

Beat well together and bake in a moderate oven about 25 minutes.

Frosting:

1½ cups confectioners sugar
small piece of butter
juice and rind of ½ orange
walnut meats if desired

MRS. MAY BRITTON, 43 Ashley Street.

2 EGG — SPONGE CAKE

2 eggs
1¼ cups sugar
⅔ cup butter
⅔ cup milk
2 cups flour
2 teaspoons baking powder
1 teaspoon vanilla or lemon extract

Cream butter and sugar; add milk. Beat eggs stiff and add the flour, baking powder, last the extract. Bake in Angel Cake Pan.

MRS. FLAVIUS ROGERS, Sea View Street, Chatham.

FOUR EGG — SPONGE CAKE

4 eggs beaten separately
1 level cup sugar
3 tablespoons cold water
1½ tablespoons corn starch
1 cup flour
1 teaspoon baking powder
½ teaspoon salt
1 teaspoon extract lemon

Beat the yolks of the eggs until light, add gradually the sugar, and beat; then add the water. Sift together the corn starch, flour, baking powder and salt, and add to the first mixture and when thoroughly mixed add the whites of the eggs beaten stiff, and lemon. Bake in a moderate oven about 40 minutes.

MISS R. RITCHIE, 326 Cedar Street.

VELVET SPONGE CAKE

1¼ cups flour
1 cup sugar
½ cup boiling water
2 eggs
1 level teaspoon baking powder

Sift the baking powder with ½ the flour. Beat the eggs very light add sugar and flavoring and beat again. Add ½ of the flour without the baking powder. Beat again and add remaining flour with the baking powder. Add vanilla, about 1 teaspoon. Last stir in the boiling water and beat again. Bake in 1 loaf.

MRS. RACHEL M. SHERMAN, Rochester

WATER SPONGE CAKE

½ cup sugar
½ teaspoon lemon juice
3 tablespoons cold water
⅔ cup of flour
1 even teaspoon baking powder
1 egg

Beat the yolk of the egg, add the sugar and beat again. Add the lemon juice and water, then the flour and baking powder. Lastly add the egg white beaten stiff. Bake in a shallow pan.

MRS. EDITH H. VALENTINE, 144 Shawmut Avenue.

SURPRISE CAKES

Line cup cake tins with pie crust. Put in 1 teaspoon of jelly, sauce with stewed fruits, or any kind of odds and ends. Place a different kind in each cake. Cover with plain cake batter and bake. Very good for lunches.

MRS. B. S. THOMAS, East Wareham.

SUNSHINE CAKE

6 egg whites
6 egg yolks
¾ cup flour
1 teaspoon lemon flavoring
½ teaspoon cream tartar
1 cup sugar
¼ teaspoon salt
1½ tablespoons orange extract

Method

Beat egg whites and add cream tartar and beat until stiff; add slowly sugar. Beat yolks until lemon color and add to egg whites. Fold in flour gently and add flavoring.

Bake in angel cake pan about 50 minutes in slow oven .

MRS. KATHERINE J. COYLE, High Street, Somerset, Mass.

TOMATO SOUP CAKE

1 cup sugar creamed with
1 teaspoon shortening
1 teaspoon nutmeg
1 cup raisins
1 can tomato soup
1 teaspoon salt
1 teaspoon cinnamon
½ teaspoon cloves
1½ cups flour sifted with
1 teaspoon soda

Add soup last. Bake 50 minutes in slow to medium oven.

EVELYN NASH, 49 Pine Street, Hyannis.

WATERMELON CAKE

White Part

2 cups white sugar
1 cup butter
1 cup sweet milk
3½ cups flour
whites of 8 eggs
2 teaspoons cream tartar
1 teaspoon soda

Dissolve soda in a little warm water. Sift cream of tartar in flour. Mix.

Red Part

1 cup red sugar
½ cup butter
⅓ cup sweet milk
2 cups flour
whites of 4 eggs
1 teaspoon cream tartar
½ teaspoon soda
1 cup raisins

When mixing be careful to keep the red part around the tube of the cake dish, the white part outside.

MRS. NELLIE GOGUEN, 55 Mitchell Street.

WASHINGTON PIE

1½ cups flour (measure before sifting)
1 cup sugar
2 large teaspoons baking powder
pinch of salt
1 egg
sweet milk
3 teaspoons butter
1 teaspoon vanilla

Sift flour with sugar, salt, baking powder. Sift 3 times. Drop egg in the measuring cup and fill with sweet milk. Pour this into the dry ingredients and mix well. Add butter and vanilla and give another good beating. Bake in oven that is hotter than for cakes. Can be used for plain cakes also.

MRS. IDA B. MILLER, 234 Main Street, Fairhaven.

XMAS CAKE OR BIRTHDAY CAKE

½ teaspoon baking powder
6 ounces lard
6 ounces margarine
1 pound plain flour
1 pound currants
1 pound raisins
1 ounce mixed peel
1 pound cornstarch
2 ounces ground almonds
1 teaspoon mixed spice
1 cup dark molasses
¼ teaspoon nutmeg
pinch of baking soda
milk
1 pound sugar
3 eggs

Use enough milk to mix ingredients to a paste. Grease loaf tins and line with plain greased paper. Fill tins about half full. Bake 1 hour in moderate oven.

MRS. MARY HEAP, 36 Myrtle Street.

XMAS CAKE

2 pounds butter
2 pounds sugar
24 eggs
3 pounds flour
1 teaspoon soda
1 glass orange juice
2 pounds almonds
5 pounds currants
6 pounds raisins
2 pounds mixed peel
1 ounce cassia
3 nutmegs
1 tablespoon cloves

Cream butter and sugar, add eggs one by one, beating all the time. Put in spices, stir in flour with soda in the last cupful. Add fruit, and nuts, beat thoroughly. Line cake tins with thick well-greased paper and bake 3½ to 4 hours. First ½ hour in hot oven, second ½ hour in moderate oven and then finish in very slow oven.

HENRY PETILPAS, 28 Nye Street.

Chapter XIX

COOKIES

> *"Put de cookies on de she'f*
> *Whah de chillun all kin reach."*
> —*Old Lullaby.*

Despite the stigma of sophistication with which present-day youth is stamped, the modern youngster is no less eager to make a naive raid on the cookie jar than was his father or his grandfather. The stone crock with its delicious contents of sugar cookies or ginger snaps has as strong an attraction for hungry kiddies as it ever had.

Grandmother or some devoted black mammy, who crooned lullabies about cookies or other fascinating things, toiled over a hot stove for hours on end to keep the big crock full in the old days. An impossible task to keep it full, but one that was not without its pleasures. Perhaps there were times when a cookie bush or a doughnut tree would have been a welcome sight to the cookie maker, but modern cookery has made the proposition far simpler than it was half a century ago. Mothers can now provide their youngsters with plenty of cookies for after-school nibbles and still have plenty of leisure for themselves.

BRAN COOKIES

½ cup beef drippings
1 cup sugar
2 eggs
¼ cup sour milk
2 cups bran
2 cups pastry flour
½ teaspoon salt
1 teaspoon soda
1 cup dates or raisins
1 teaspoon orange extract

Cream drippings and sugar together, add well beaten eggs and milk. Sift flour, soda and salt together and beat in with raisins. Lastly add the bran. Roll out into a thin sheet and cut in squares. Bake on oiled baking sheet in a moderate hot oven (350° F.) about 12 minutes.

ELSIE L. BRYANT, 205 Summer Street

BRAN HONEY COOKIES

2 tablespoons butter
½ cup honey
2 eggs
½ teaspoon soda
½ cup flour
1 cup bran
½ teaspoon aniseed

Cream the honey and butter together, add the egg unbeaten and beat the mixture thoroughly. Sift flour, soda and aniseed. Combine all the ingredients, drop on buttered tin and bake in a moderate oven.

S. CUNLIFFE, 115 Hatch Street

BROWN SUGAR COOKIES

1 cup butter
2 cups brown sugar
2 eggs, well beaten
3½ cups bread flour
½ teaspoon salt
1 teaspoon vanilla
1 teaspoon soda
1 cup chopped walnuts

Roll thin and bake about 10 minutes in slow oven.

MRS. WILLIAM A. CONGDON, 720 County Street

BROWNIES

1 cup sugar
¼ cup butter
2 eggs lightly beaten
⅔ cup flour
pinch of salt
2 squares melted chocolate
½ cup chopped nuts
1 teaspoon vanilla
¼ cup milk

Spread over buttered pan about ¼ inch thick. Bake in moderate oven 15 minutes. Cut in squares while hot.

GENEVA K. BURNS, 96 Newton Street

BROWNIES

2 squares chocolate
½ cup butter
1¼ cups sugar (brown)
2 eggs
¼ cup hot water
¾ cup nut meats
1¼ cups flour
½ teaspoon baking powder
pinch of salt

Melt chocolate with butter. When soft add sugar, beat well. Add 2 eggs, beat again; add hot water, nut meats, flour, baking powder and a little salt and mix well.

Bake in a moderate oven about 20 minutes.

MRS. A. E. FOWLER, 350 Clinton Street

BUTTERLESS BROWNIES

2 eggs beaten lightly
1¼ cups brown sugar
½ cup sifted flour
½ teaspoon vanilla
2 squares of chocolate melted
¼ cup nuts

Mix ingredients together, put in buttered pan and bake in slow oven for 20 minutes.

MISS ELIZABETH POTTER, 68 Walnut Street

FUDGE BROWNIES

6 tablespoons butter
2 squares chocolate
1 cup brown sugar
½ teaspoon salt
1 teaspoon baking powder
1 egg
¼ cup milk
¾ cup flour
¼ cup walnut meats

Melt butter and chocolate. Beat egg in dish. Add sugar, salt and baking powder. Mix. Add melted butter and chocolate, also walnut meats. Sift flour into this and mix. To this you add the milk and pour into a shallow pan and bake from 15 to 20 minutes. This makes a dozen good sized brownies.

MRS. L. SULLIVAN, 143 Penniman Street

SOFT BROWNIES

1 cup sugar
2 eggs
1 heaping cup flour
½ cup butter
½ cup milk
2 squares chocolate
pinch of salt
vanilla
½ cup walnuts
1 teaspoon baking powder

Melt butter and chocolate together over slow heat. Add eggs beaten. Add milk and other ingredients and mix well. Spread on well greased jelly roll pan. Cook in moderate oven. Cut in squares while hot.

MRS. J. D. MURRAY, 265 Pope Street

CHOCOLATE INDIANS

½ cup butter
1 cup sugar
2 eggs
1 teaspoon salt
½ cup flour
1 cup walnuts, chopped
2 squares unsweetened chocolate
1 teaspoon vanilla

Cream butter and sugar together. Add well beaten eggs, salt and flour. Add nuts, melted chocolate and vanilla and mix well. Spread evenly in a greased shallow pan having mixture ¼ inch deep. Bake in a moderate oven from 20 to 30 minutes. While hot cut in squares.

MRS. ALICE R. FISH, 36 Middle Street

COCOANUT BAR CANDY

2 cups sugar
¾ cup milk
⅙ teaspoon salt
1 tablespoon butter
1 teaspoon vanilla
1 cup shredded cocoanut

Place sugar, milk and salt in saucepan. Stir until sugar is dissolved. Add butter and cook until a test in cold water forms a soft ball. Cool slightly, add vanilla then stir and beat until candy becomes sugary, add cocoanut and spread in buttered pans and mark into bars.

MRS. L. FONTAINE, 166 Clara Street

COCOANUT HAYSTACKS

4 cups shredded cocoanut
½ cup moist sugar
2 eggs, well beaten

Mix ingredients well and turn in little heaps on a well greased baking tin, and bake for about 10 minutes in hot oven. This quantity makes about 20 cakes, and they can be kept for a long time.

MAY WARING, 311 Lowell Street

COFFEE SNAPS

½ cup sugar
½ cup molasses
½ cup shortening
¼ cup boiling coffee
1 teaspoon soda
1 teaspoon nutmeg
1 teaspoon vanilla
flour

Cream shortening and sugar, add molasses and stir well, then add soda in hot coffee, the spices and enough flour to roll quite stiff. Cut and bake 15 minutes.

ANNA A. CHARON, 288 Earl Street

CRACKER COOKIES

1 cup cracker crumbs
1 cup sugar
3 egg whites
½ cup nut meats

Roll crackers very fine. Add sugar and egg whites beaten stiff. Add nut meats. Bake in a moderate oven as drop cookies for 15 minutes. 350 F.

MRS. EARL C. MILLER, 249 Reed Street

CREAM OF WHEAT COOKIES

½ cup butter
¾ cup sugar
2 eggs
½ cup chopped nuts
3 teaspoons baking powder
1½ cups flour
1 teaspoon cinnamon
¼ cup uncooked cream of wheat
¼ teaspoon salt

Cream butter; add sugar and eggs well beaten. Mix and sift flour, baking powder, cream of wheat, salt and cinnamon, add nuts and combine the two mixtures. Drop by spoonsful on a baking sheet 1 inch apart and bake in a moderate oven. Be sure and butter the baking sheet and don't use lard. These are very nourishing for children.

MRS. C. WARD, 9 Cottage Street, So. Dartmouth

DATE COOKIES

1 egg, beaten
½ cup sugar
½ cup dates stoned, cut fine
⅓ cup walnut meats, broken
⅓ cup flour
⅓ teaspoon baking powder
⅛ teaspoon salt

Beat egg until light, add sugar, dates stoned and cut fine, walnut meats, flour sifted with baking powder and then the salt. Drop on greased tin and bake.

MRS. L. F. PIERCE, County Street, West Wareham

DATE STICKS

1 pound dates
1 cup nuts
1 cup sugar
1 cup flour
1 teaspoon baking powder
3 eggs

Beat eggs. Add sugar, flour and baking powder sifted together. Wash dates, stone and chop. Cut nuts also, then add to first mixture. Bake on a sheet in moderate oven 350 F. When done, cut while hot into strips 1 inch wide and 3 inches long.

MRS. ARTHUR S. RICHARDS, 11 Laurel St., Fairhaven

DOMINOS

Have any kind of sponge cake baked in a rather thin sheet. Cut this into small oblong pieces the shape of a domino. Frost the top and sides of them. When the frosting is hard, draw the black lines and make the dots with a small brush that has been dipped in melted chocolate. These are particularly good for children's parties.

MRS. EDWARD ATHINGTON, Adamsville, R. I.

RAINY DAY DATE STICKS

¼ cup butter
1 cup sour milk
1 teaspoon salt
1 cup chopped nut meats
1 cup chopped dates
1½ cups sugar
½ teaspoon soda
1 teaspoon baking powder
3 cups flour
powdered sugar

Mix butter and sugar until creamy. Add milk in which soda has been dissolved. Then add flour sifted with baking powder and salt. Fold in nuts and dates. Pour into greased shallow pan and bake 20 minutes in moderate oven. Cut in narrow slices while warm and roll in powdered sugar.

MRS. FRANCES T. WILSON, 23 Sherman Street

FIG NEWTONS

½ cup butter
½ cup milk
½ teaspoon salt
2 teaspoons vanilla
1 cup sugar
3 cups flour
3 teaspoons baking powder
1 egg

Cream shortening; add sugar. Sift dry ingredients; add alternately with beaten egg and milk. Roll very thin and cut into desired shapes. Fill with the filling.

Fig Filling

1 cup sugar
1 tablespoon flour
½ cup boiling water
1¼ cups figs
¾ cup nuts

Boil altogether until thick and cool. Add nutmeats and spread between uncooked cookies and bake in a moderate oven.

MRS. ISABELLA RAESTRICK, 218 Whitman Street

FILLED COOKIES

1 cup sugar
1 egg
½ cup milk
2 teaspoons cream of tartar
¼ cup butter
¼ cup lard
3 cups flour
1 teaspoon vanilla
1 teaspoon soda

Roll thin and cut. Place a teaspoon of filling on each. Drop an other cookie on top and press edges gently.

Filling

1 cup chopped raisins
½ cup water
½ cup sugar
1 tablespoon flour

A tablespoon of lemon juice will add to the flavor. Cook until thick. Dates, figs and nuts may be substituted for raisins.

Bake cookies in hot oven.

MISS PHYLLIS JASON, 203 Hawthorn Street

FILLED PINEAPPLE COOKIES

½ cup butter
2 eggs
1 teaspoon vanilla
½ cup sugar
2 tablespoons milk
2 cups flour
1½ teaspoons baking powder

Cream butter and sugar, add eggs well beaten, milk, vanilla, and flour mixed and sifted with baking powder. Just enough flour should be used to make dough as soft as can be rolled out. Chill, roll thin and cut with cookie cutter. Put spoonful of filling on one round, then cover with another, press down edges and bake in moderate oven.

Filling

1½ tablespoons cornstarch
1 cup crushed pineapple
¾ cup sugar
1 tablespoon lemon juice

Mix cornstarch and sugar. Add pineapple and lemon juice. Bring to boiling point and boil gently until of consistency of jam, stirring frequently to prevent burning. Cool before using.

MRS. MARY E. JOSEPH, 117 Bridge Street, Fairhaven

SOFT FILLED RAISIN COOKIES

1 cup butter
4 eggs, well beaten
1 teaspoon baking powder
1 cup sugar
3 cups flour
½ teaspoon salt

Cream butter and sugar together; add eggs, then flour, baking powder and salt sifted together. Roll out quite thin and cut out cookies and place 1 teaspoon filling on one cookie and place another on top. Bake in moderate oven until brown.

Filling

1 cup chopped raisins
½ cup water
½ cup sugar
1 teaspoon flour

Boil 5 minutes and cool.

MRS. MARY SMITH, 137 Chestnut Street, Fairhaven

GRANDMOTHERS SPICE COOKIES

1½ cups brown sugar
½ cup butter
1 cup currants
1 teaspoon saleratus
2 tablespoons milk
1 teaspoon cloves
1 teaspoon cinnamon
1 teaspoon nutmeg
2 eggs
flour to roll

Dissolve saleratus in milk. Bake in moderate oven.

MRS. NANCY B. CRAPO, 239 Arnold Street

GINGER SNAPS

1 cup molasses
½ cup brown sugar
1 teaspoon soda
1 cup warm butter
1 pint flour
1 teaspoon cinnamon
1 teaspoon ginger

Heat together the molasses and sugar, until sugar is melted. Dissolve soda in warm water and stir quickly into hot molasses. Add warm butter and stir in slowly the flour, cinnamon, ginger and sufficient flour to roll. Roll thin and bake on greased and floured tins in quite a hot oven.

MRS. BENJAMIN TRIPP, 17 Plymouth Street,
President of Country Week.

DELICIOUSLY FLAVORED GOLDEN COOKIES

¾ cup fat
2 cups sugar
3 eggs
4 tablespoons orange juice
1 teaspoon vanilla extract
1 teaspoon lemon extract
¼ teaspoon salt
½ cup shredded almonds
3½ cups flour
2 teaspoons baking powder

Cream fat and sugar, add eggs and beat 2 minutes. Add the rest of the ingredients. Mix well, cut off small pieces of the dough and flatten down about 3 inches apart on greased baking sheet. Bake in moderate oven 15 minutes.

MRS. MARY BESSETT, 1664 Purchase Street

HALLOWE'EN COOKIES

½ cup butter
½ cup sugar
1 egg
1 tablespoon milk
1½ cups flour
1½ level teaspoons baking powder
⅛ level teaspoon salt
1½ squares sweet chocolate

Cream the sugar and butter together thoroughly, add well beaten egg, then milk. Sift flour once before measuring and again twice after measuring together with baking powder and salt. Chill dough, then roll ¼ inch thick and cut with a round cutter. Bake cookies in a moderate oven 10 to 15 minutes. When cooled, spread with plain white icing when firm, paint on Jack O'Lantern faces, using melted chocolate with a small camel's hair paint brush.

MRS. ANNIE DesROCHES, 96 Dunbar Street

HEAVENLY FOOD

1 cup chopped walnuts
1 cup dates, cut fine
¾ cup sugar
¼ teaspoon salt
2 eggs separated
3 tablespoons flour
1 teaspoon baking powder

Beat yolks, add sugar, salt and flour in which baking powder has been sifted. Beat whites stiff and fold in with dates and nuts. Spread about ½ inch thick in pan and bake in moderate oven about 15 minutes. Cool slightly and cut in squares.

MRS. M. C. WOOD, 143 Penniman Street

CHOCOLATE HERMITS

½ cup butter
1 egg beaten separately
½ teaspoon soda dissolved in milk
½ cup broken English walnuts
1 cup brown sugar
½ cup sweet milk
2 squares melted chocolate
½ cup raisins or dates, cut in pieces
½ cup flour

Cream butter and sugar together, and add the egg yolk. Then add the melted chocolate and stir vigorously. Measure the flour after sifting once. Put nut meats in the flour and add alternately with the milk and soda mixture, to the first mixture. Then fold in the beaten white of egg, and drop on greased sheet about ½ inch apart. Bake in hot oven about 10 to 15 minutes. Nuts and fruit may be added to this recipe according to taste.

CLARA BOUCHER, 395 Ashley Boulevard

ORIGINAL HERMITS

½ pound butter
1½ cups brown sugar
3 eggs
1 level teaspoon cinnamon
1 level teaspoon cloves
½ teaspoon saleratus
grated rind of 1 lemon
grated rind of 1 orange
a little of the juice of the orange and lemon
6 cups of bread flour
1½ cups tiny raisins

Cream butter and sugar together, beat in eggs one at a time. Beat mixture 5 minutes. Add cinnamon, cloves, raisins, orange and lemon rind and juice of both. Mix in a little at a time the flour. Add saleratus. Put on ice over night. Roll out in morning till quite thin. A little more flour may be required, but the softer the dough the better. Cut with cookie cutter, put on greased tins and bake in 375° F. oven.

MRS. ALVINA GRAY, 38 Pierce Street

ICE BOX COOKIES

2 cups brown sugar
2 eggs
1 teaspoon soda
1 cup butter
3½ cups flour
½ cup walnuts
vanilla

Pack in bread tin and let stand in cold place over night. Slice very thin and bake in hot oven.

ELVINA CORREIA, 56 Dartmouth Street

BUTTERSCOTCH ICE BOX COOKIES

½ cup butter
1 egg
2 cups flour
½ teaspoon soda
1 cup brown sugar
½ teaspoon vanilla
½ teaspoon cream tartar
½ cup nuts

Work butter until creamy; add sugar and blend; add egg slightly beaten. Pack in pan (use covered baking powder can with bottom out, and push thru with wooden potato masher). Let stand in refrigerator over night. Slice as thinly as possible with a sharp knife before the dough gets cooled off. Bake about 8 minutes in 300 F. slow oven.

DOROTHY LINCOLN, 223 Hawthorn Street

CHOCOLATE ICE BOX COOKIES

1 cup shortening
1 cup granulated sugar
2 eggs
1 teaspoon baking powder
1 teaspoon salt
1 teaspoon vanilla
1½ squares bitter chocolate

Mix shortening, sugar and chocolate which has been melted and the eggs. When fluffy add remaining ingredients. Let stand a few minutes then shape into a long roll about 2½ inches in diameter. If desired dough can be formed into a loaf of equal dimension so that when cookies are cut and baked they will be square. Wrap in waxed paper. Keep closely covered in the refrigerator over night or longer. Slice as thin as possible. Bake in an oven 375 F. about 8 minutes.

RUTH B. WHITE, 55 Plymouth Street

CORNFLAKE MACAROONS

2 cups cornflakes
1 cup cocoanut
½ cup nut meats
1 cup sugar
3 egg whites, beaten
1 teaspoon vanilla

Mix ingredients and drop from teaspoon on a buttered baking sheet. Bake until brown in a moderate oven.

MRS. EDWIN R. KING, 156 Chestnut Street

PEANUT MACAROONS

white of 1 egg
¼ cup granulated sugar
5 tablespoons finely chopped peanuts
1 teaspoon vanilla

Beat egg until stiff and add while beating, sugar, peanuts and vanilla. Drop on buttered sheet 1½ inches apart; garnish each with ½ peanut and bake 12-15 minutes in a slow oven.

DOROTHY LAKE, 188 Shawmut Avenue

MARBLE DIAMONDS

8 ounces butter
8 ounces flour
1 large teaspoon baking powder
8 ounces powdered sugar
4 eggs
1 teaspoon each cocoa and pink coloring

Cream butter and sugar, then add sifted flour and eggs well beaten. Stir in baking powder and divide mixture in three parts. Stir the cocoa in one dish, and the pink in another, leaving one portion plain. Put a teaspoonful of each mixture in pan with an up-and-down stroke. Bake in moderate oven 35 minutes. Ice with marble icing and while warm cut in strips, then in diamond shape.

MRS. ELIZA NOBLET, 99 Willard Street

MOCHA JUMBLES

3 tablespoons butter
1 cup sugar
1 egg
2 tablespoons cold coffee
1½ squares chocolate melted
1¾ cups flour
2 teaspoons baking powder
¼ teaspoon cinnamon

Mix in order given. Roll ⅓ inch thick; cut with doughnut cutter, sprinkle with sugar and bake 10 minutes in moderate oven.

EMILY SWIFT, 218 Brownell Street

GOOD MOLASSES COOKIES

⅔ cup molasses
fill cup heaping full sugar
½ cup hot water
½ cup hot lard or shortening
1 heaping teaspoon soda
½ teaspoon ginger
½ teaspoon cassia
pinch of salt

Stir dry ingredients into molasses. Roll thin.

MRS. GERTRUDE YOUNG, Dennis Port

MOLASSES-RAISIN-NUT BARS

¼ cup butter
½ cup sugar
1 egg
½ cup molasses
¼ teaspoon salt
¼ teaspoon soda
1½ teaspoons baking powder
2 cups flour
½ cup sweet milk
1 cup chopped nuts
1 cup chopped raisins or dates

Cream butter, add sugar and beat until light. Add beaten egg, mix well, add molasses. Sift flour with dry ingredients and add alternately with milk to first mixture. Add chopped nuts and fruit last. Spread very thinly in shallow pan. Bake in moderate oven from 10 to 12 minutes. Cut in bars 3 inches long and 1½ inches wide. Makes four dozen. Easy to make and very delicious.

LAURA LUCAS, 82 Dunbar Street

NUT AND RAISIN COOKIES

1 cup butter
1½ cups sugar
3 eggs, beaten
2 cups flour sifted
1 cup raisins
½ teaspoon soda
1½ teaspoons boiling water
1 teaspoon cinnamon
1 cup English walnuts, chopped
pinch of salt

Cream butter and sugar; add eggs beaten, flour sifted, soda dissolved in boiling water; add cinnamon, salt, raisins cut up and rolled in flour, then walnuts. Drop from spoon on cookie sheet.

MRS. W. S. THOMAS, 330 Cottage Street

OATMEAL COOKIES

1 cup shortening
1 cup sugar
2 eggs
½ cup milk scant
2 cups rolled oats
2 cups flour
1 teaspoon nutmeg
1 teaspoon ground cloves
1 teaspoon ground cinnamon
½ teaspoon salt
½ cup chopped raisins
½ cup chopped walnuts

Cream shortening and sugar, add eggs, milk and spices. Next add flour and rolled oats. Lastly add raisins and nuts. Drop by teaspoonsful about 3 inches apart and bake in quick oven. Makes about three dozen.

MRS. J. F. SULLIVAN, 18 Southwick Street, Middleboro

OATMEAL COOKIES

1 cup fat
1 cup sugar
2 beaten eggs
¼ cup milk
2 cups oatmeal
2 cups flour
1 teaspoon soda
1 teaspoon cinnamon
¼ teaspoon salt
1 cup raisins

Cream fat, add sugar gradually and work until creamy. Add well beaten eggs, milk and oatmeal, flour, cinnamon and salt mixed and sifted. Add the raisins next. Drop by teaspoonsful on buttered pan.

MRS. F. J. REYNOLDS, Box 475, Woods Hole

ORANGE COOKIES

½ cup butter
1 cup granulated sugar
grated rind of 1 orange
1 egg beaten light
½ cup orange juice
3 cups flour
4 teaspoons baking powder

Mix in the order given; more flour may be required, roll into a sheet, cut into rounds, dredge with granulated sugar and bake in a rather quick oven. This recipe makes a soft cookie; for a crisp cookie use but ¼ a cup of orange juice.

MRS. WEBSTER, 190 Eugenia Street

ORANGE BLOSSOMS

6 tablespoons shortening
⅔ cup fine granulated sugar
½ teaspoon almond extract
½ cup cold water
1¼ cups pastry flour
2 tablespoons cornstarch
2½ teaspoons baking powder
2 egg whites

Cream shortening well. Add sugar slowly, beating until light and fluffy. Add almond extract. Sift flour, cornstarch and baking powder together three or four times and alternating a little at a time with the water. Whip egg whites until light but not dry. Fold in, mixing well with batter. Bake in a greased small tin in moderate oven at 365 F. for 15 minutes. Remove from tins, cool and cover with Orange Frosting.

MRS. ANNA PATNAUDE, 158 Tallman Street

ORANGE CUP CAKES

1¼ cups sugar
½ cup butter
2 egg yolks beaten lightly
a pinch of salt
juice and grated rind of 1 large orange
scant ¾ cup milk
2 cups flour
2 teaspoons baking powder

Cream butter and sugar together, add egg yolks, juice and rind of orange, sift flour, salt and baking powder together three times and add alternately with the milk, first flour then milk until used up. Add ½ teaspoon vanilla and beat in the 2 stiffly beaten egg whites.

MRS. EDITH CAYTON, East Mattapoisett

SHREDDED WHEAT COOKIES

5 tablespoons melted butter
1 cup sugar
2 egg yolks
3 shredded wheat biscuits
½ teaspoon vanilla
1 cup nut meats
1 cup flour
2½ teaspoons baking powder
2 egg whites

Cream melted butter and sugar and add egg yolks beaten well. Add biscuits rolled fine, vanilla, nut meats, chopped, flour mixed with baking powder. Mix and add two egg whites beaten stiff. Push off spoon in small lumps and shape into balls. Bake in moderate oven.

MRS. EDWARD CASE, Adamsville, R. I.

FUDGE SQUARES

3 tablespoons shortening
1 cup sugar
1 egg
2 ounces melted unsweetened chocolate
½ teaspoon vanilla extract
⅓ cup milk
1 cup flour
1 teaspoon baking powder
⅛ teaspoon salt
½ cup chopped nut meats

Melt shortening, add sugar and unbeaten egg. Mix well, add chocolate, vanilla, milk and flour which has been sifted with baking powder and salt, add nut meats. Mix well. Spread about ½ inch thick on greased shallow cake pan. Bake in slow oven 20 to 30 minutes. Cut in 2 inch squares before removing from pan.

MRS. MARTHA A. MORT, 203 Myrtle Street

RICH COOKIES

½ cup butter
1 beaten egg
⅓ cup sugar
¾ cup flour
½ teaspoon vanilla

Cream butter and sugar and add the egg, then the flour and vanilla. Drop on buttered baking sheet about 2 inches apart and spread out with a knife dipped in cold water. Sprinkle with ground walnuts and bake in a moderate oven.

MRS. SETH D. ELLIS, Sandwich

ROCKS

1 cup butter
1 cup walnut meats
3½ cups flour
pinch salt
1½ cups brown sugar
1 cup raisins
1 teaspoon saleratus
3 eggs

Sift flour, salt and saleratus together. Cream butter, add sugar, eggs beaten, then flour and remaining ingredients. Drop on floured pan with spoon to bake.

MRS. EMMA T. RUSSELL, 77 Middle Street, Fairhaven

DATE FILLED SQUARES

1⅓ cups oatmeal
¾ cup melted butter
¾ cup light brown sugar
1¼ cups flour
½ teaspoon baking powder
½ teaspoon salt

Filling:

1 pound dates, cut fine
1 cup cold water
½ cup granulated sugar

Cook until thick, then cool. Pat ¾ of the oatmeal mixture into a cake pan and spread the date mixture over this, then the remaining ¼ oats mixture on top. Bake about 20 minutes in a moderate oven. Cut in squares.

MRS. JOHN PERRY, 44 Bourne Street

SPICE NUT COOKIES

1 cup sugar
½ cup butter
1 teaspoon ginger
¼ teaspoon clove
1 teaspoon soda
1 cup chopped nut meats
½ cup molasses
1 beaten egg
¼ teaspoon allspice
½ cup cold water
3 cups flour
1 cup chopped raisins

Mix in order given and drop from spoon, or bake in sheet and then cut in squares.

GERTRUDE JOSEPH, Truro

PINEAPPLE SQUARES

1 cup milk
1 cup sugar
1 egg beaten with a little sugar
½ cup melted lard
1 teaspoon vanilla extract
1 teaspoon soda
3½ cups flour
2 teaspoons cream of tartar

Add milk, sugar, beaten egg, lard and extract. Mix soda, cream of tartar in flour. Combine all ingredients and roll as for pie.

Filling:

1 can pineapple in double boiler with ½ cup sugar. When cooked, thicken with cornstarch. Spread 1 layer of batter, 1 of pineapple and another of batter. Cook in medium oven.

MRS. ANGELIA B. FORTIER, 866 Brock Avenue

SUGAR COOKIES

1½ cups sugar
1 egg
1 teaspoon vanilla
⅔ cup shortening (½ lard ½ butter)
⅔ cup of milk
4 even teaspoons cream tartar
2 even teaspoons soda
½ teaspoon salt
3 cups flour

Cream shortening and sugar, add beaten egg then milk gradually. Mix dry ingredients together three times; add to the creamed mixture and make a very stiff dough. Add more sifted flour if needed. Roll out on floured board, cut with cookie cutter first dipped in flour. Put on greased pans and bake in snappy oven about ten minutes. To make assorted kinds first make a few plain ones, then take a large tablespoon of mixture and add cocoanut. Take another spoonful and add raisins or caraway seeds, etc.

MRS. ANNIE MOSHER, 83 Pilgrim Avenue, Fairhaven

WALNUT PATTIES

¼ cup butter
1 cup brown sugar
1 egg
¼ teaspoon salt
⅔ cup flour
1 cup chopped walnuts
1 teaspoon vanilla

Cream butter and add sugar, beat in egg, add salt. Fold in flour and nuts. Add flavoring and beat hard. Drop by teaspoonsful on a buttered sheet. Bake in a moderate oven.

MRS. GRACE P. COYLE, 87 Glennon Street

Chapter XX

FROSTINGS, FILLINGS AND ICINGS

The success of the majority of cakes depends quite largely on what is on top of them or on what is hidden between the layers. It is no small task to achieve a smooth-as-glass icing or a filling that is without a doubt the one that the gods of cookery intended for the particular cake that happens to be in the process of baking, but it is not an impossible one.

The important thing is variety. Chocolate and vanilla frostings and the same old fillings grow tiresome after much repetition. It is certainly not surprising that they do when the palate is hankering to become acquainted with the less familiar almond or mocha flavored icing and, perhaps, an unusual paste filling. It is not necessary to turn to exotic things when one leaves the category of the ordinary, and it is likewise no mistake to vary the usual order of things with flavors that somehow get neglected a good part of the time.

FROSTING

1 cup light brown sugar
¼ cup cream
1 square chocolate
small piece of butter
¼ teaspoon vanilla
marshmallows

Boil 5 minutes sugar, cream and chocolate. Add small piece of butter and vanilla. Beat until creamy and spread on top of the marshmallows.

MRS. THERESA SWIFT, 453 Cottage Street

COCOA ALMOND FILLING AND FROSTING

6 tablespoons butter
3 cups confectioner's sugar
½ teaspoon almond extract
8 tablespoons cocoa
⅓ cup cream

Cream butter, add sugar and cocoa, a little at a time, beating until very light and of creamy consistency. Add flavoring and add more cream if necessary to make icing soft enough to spread. Spread thickly between layers and put a thin layer on top and side of cake. With pastry tube (using the tip for a rose border) put icing up and down sides of cake to represent the bark of a tree. Cover top with chopped pistachio nuts. If latter are unavailable, use chopped browned almonds.

MISS LILLIAN PATNAUDE, 158 Tallman Street

ALMOND FROSTING

2 ounces chocolate
2 cups sugar
½ teaspoon vanilla
⅓ cup butter
1 cup milk
¼ cup shredded almonds

Melt chocolate and butter, add sugar and milk gradually. Bring it to a boiling point and boil until it forms a soft ball in cold water—15 to 18 minutes. Add vanilla, cool slightly and beat until thick enough to spread.

MRS. GRACE SHEFFIELD, 292 Davis Street

BOILED FROSTING WITH WALNUTS

1 cup sugar
½ cup butter
2 whites of eggs
1 teaspoon baking powder
½ teaspoon vanilla
½ teaspoon lemon extract
4 drops almond extract

Boil sugar and water in saucepan until it forms a soft ball when tried in cold water. Pour into the stiffly beaten egg whites, beating all the while, add flavorings and beat until thick, spread on cake and put halves of walnuts on top.

MRS. F. D. HEBERT, 72 Division Street

CHOCOLATE FROSTING

2 tablespoons butter
2 squares melted unsweetened chocolate
2 cups powdered sugar
6 tablespoons coffee
¼ teaspoon salt
½ teaspoon vanilla extract

Mix butter into sugar, melt chocolate, add coffee and salt. Stir until thick, add vanilla and let cool. When cold spread on cake.

MRS. WILFRED GILL, 10 Capitol Street

QUICK CHOCOLATE FROSTING

1 tablespoon butter
½ teaspoon vanilla
2 teaspoons cocoa
2 tablespoons evaporated milk
1 cup confectioner's sugar

Melt butter over hot water, add cocoa and stir until smooth. Add vanilla and sugar, then beat with evaporated milk until creamy.

MRS. GEORGE A. GOYOTTE, Crane Avenue, No. Westport

CARAMEL FROSTING

1¼ cups brown sugar
¼ cup boiling water
2 beaten egg whites
¼ cup white sugar
⅓ cup broken English walnuts
½ teaspoon vanilla

Put sugar and water in granite pan. After it reaches boiling point, let boil until it will spin a thread. Pour slowly over two beaten egg whites, beating constantly with egg beater. Remove beater and beat with spoon until cool. Put saucepan in large pan containing boiling water and stir constantly until the mixture becomes slightly granular around the sides of the pan. Remove from boiling water and beat until it holds its shape. Add vanilla and nut meats. Spread on cake with back of spoon, leavng a rough surface.

MRS. G. C. PIERCE, 9 Deane St., No. Fairhaven

COCOA FROSTING

3 dessert spoons butter
2 dessert spoons cocoa
⅛ teaspoon salt
½ teaspoon vanilla
1¼ cups sifted confectioner's sugar
3 dessert spoons hot coffee

Mix ingredients good and beat for 2 minutes. Let stand for 3 minutes then beat until creamy. Frost top and sides of cake. For variety ⅓ cup broken nut meats can be added to the frosting.

MRS. G. T. MELVIN, 251 Court Street

COCOA CREAM FROSTING

4 teaspoons cocoa
½ pint cream
½ cup sugar

Whip cream slightly then add combined sugar and cocoa and whip stiff. Add vanilla to flavor and spread on cake or individual cup cakes.

M. LOUISE FAHEY, 285 Hamlet Street, Fall River, Mass.

CREAM FROSTING

whites of 2 eggs beaten light
5 tablespoons granulated sugar
flavor with vanilla

Beat eggs, add gradually the sugar. Put over hot water and steam 10 minutes. Flavor. Beat until cold. This is almost like whipped cream.

MRS. PARKINSON, 259 Ashley Blvd.

CREAMY FROSTING

1 cup sugar	2 tablespoons cold water
1½ cups milk	2 tablespoons butter
3 tablespoons cornstarch	1 teaspoon vanilla

Put into a saucepan the sugar and milk. Bring to the boiling point, stirring constantly. Mix cornstarch with cold water; add slowly to first mixture, stirring until thickened. Remove from fire; add butter and vanilla. Color yellow and cool. Spread.

ELIZABETH NYE, 709 County Street

CREAM FLUFF FROSTING AND FILLING

½ pint cream
1 cup sugar
8 teaspoons cocoa

Mix the sugar and cocoa, stir in the cream. Let chill for ½ day then beat with egg or cream beater until stiff enough to spread. This is very good to use for fillings and toppings of layer cakes.

ROWENA BROWN, 32 Keene Street

FROSTING MAKING SECRET

This is an easy way to make frosting for cake. Purchase ¼ pound of large chocolate creams at the confectioners. Put them in a double boiler and as they melt add hot milk, a tablespoon at a time until the mixture is the right consistency to spread.

MRS. MARAGARET MORTON, 26 Willard Street

FROSTING FOR FRUIT CAKE

1 egg white	3 tablespoons cold water
1 cup sugar	flavoring

Beat 1 egg white until frothy but not stiff. Add sugar and cold water. Cook over boiling water 7 minutes, beating all the time. Remove from fire add flavoring and beat 2 or 3 minutes. Spread on cake while hot.

MRS. W. S. PERRY, East Wareham

SIX MINUTE FUDGE FROSTING

3 tablespoons cold water
2 squares melted chocolate
1 cup sugar
white of 1 egg

Put ingredients in top of double boiler. Place over boiling water and with egg beater beat six minutes. Spread on slightly warm cake.

MRS. MABELLE MILLER, 5 Franklin Street

LEMON FROSTING

juice of 2 lemons
2½ cups powdered sugar

Strain the juice of the lemons into a bowl and add the sugar, finely sifted, until thick enough to spread. The exact quantity of sugar will depend on the size of the lemons. Pour over the top of the cake and spread and smooth with a thin bladed knife that has been dipped in water.

MRS. ALICE WARING, 311 Lowell Street

MARY OLIVER FROSTING

2 squares chocolate
1 egg
¼ cup milk
1 cup sugar
butter size of a walnut

Sift cup of sugar. To the sugar add 1 egg unbeaten and ¼ cup of milk. Then add butter and chocolate, melted. Set the bowl or container of the frosting in a pan of chopped ice or ice water and beat until thick and then put on cake.

MISS LILLIAN LAKE, 188 Shawmut Avenue

ORANGE FROSTING

juice and grated rind 1 orange (medium)
1 tablespoon butter
confectioner's sugar

Cream butter, add orange juice, then sugar until of consistency to spread after cake has cooled.

GRACE L. STUDLEY, 63 Penacook Park,
Oak Bluffs, Marthas Vineyard

BOILED ORANGE FROSTING

In a smooth saucepan put 1 cup sugar and ⅓ cup orange juice and grated rind of orange, mix well and boil, being careful not to stir or disturb syrup until it will spin a long thread. Lift gently from the fire and pour slowly while beating vigorously in a fine stream onto 1 egg white which has been beaten until light but not stiff. Continue beating until frosting is stiff enough to stay in place. Pour all at once onto cake and spread over surface with a few movements of a large flat knife.

MRS. DORIS BRIERLEY, 649 Brock Avenue

PEANUT BRITTLE CREAM

½ pound peanut brittle
½ pint cream
½ teaspoon vanilla

Grind peanut brittle until fine. Whip cream, add vanilla and fold in ground peanut brittle with as few strokes as possible. Do not stir or beat cream after adding brittle. Very delicious filling for cream puff shells or for a filling or frosting for cakes.

MISS MARY CHILD, Huttleston Ave., Fairhaven, Mass.

BUTTER RAISIN FROSTING

4 tablespoons butter
1 cup powdered sugar
1 tablespoon orange juice
white of 1 egg beaten
¾ cup powdered sugar
¾ cup seeded raisins

Cream butter and sugar, add sufficient orange juice, beat white of egg, add powdered sugar, combing the two mixtures. Add seeded raisins which have been cut, steamed 10 minutes and cooled, add powdered sugar until frosting will spread but not run.

ANNA A. CHURCH, 288 Earl Street

SOUR CREAM FROSTING

½ cup sour cream
1 cup brown sugar
1 teaspoon vanilla

Boil sugar and cream until when dropped in cold water it will make a soft ball. Flavor with vanilla and continue beating until thick enough to spread.

MRS. A. ANDRADE, Slocum Rd., Box 36 A, No. Dartmouth.

TRILBY FROSTING

¾ cup granulated sugar
1 egg white
¼ cup maraschino cherries cut in slices
⅓ cup boiling water
1 cup marshmallows, cut in 4 pieces
½ teaspoon vanilla
1 egg white

Boil sugar and water as in making fondant, until syrup will form soft ball when dropped in cold water. Pour in fine stream on white of egg beaten dry, beating constantly. When nearly cold, add the marshmallows, cherries and vanilla, and spread roughly over the cake.

MRS. LOUISE SIMMS, 32 Hussey Street

WHIPPED APPLE FROSTING

3 eggs, whites
1 good-sized green apple
confectioner's sugar

Beat whites of eggs very stiff. Peal good sized apple. Grate this into the beaten whites; add confectioner's sugar and use this mixture to frost a sponge layer cake. A greening apple is preferred as the flavor is much better.

MRS. JOHN A. CHASE, 9 Anthony Street

WHITE FROSTING

1½ cups frosting sugar
melted butter (size of an egg)
½ teaspoon vanilla
hot milk enough to spread easily
1 tablespoon marshmallow

Mix together well in order given and spread on cake.

MRS. JOHN McFADDEN, 198 Dawson Street

WHITE MOUNTAIN FROSTING

1 cup sugar
⅓ cup boiling water
1 teaspoon vanilla or
½ tablespoon lemon juice
white of 1 egg

Stir sugar and water until dissolved and bring to boiling point. Beat egg whites stiff and add 1 tablespoonful of boiling syrup. Continue beating and add four more tablespoons, one at a time, beating in between. Let balance of syrup boil until it spins thread and add to the first mixture, beating constantly until right consistency to spread. Add flavoring and spread.

MRS. CLARA RICHARDS, 3 Wilbur Ave., No. Dartmouth, Mass.

CREAM FILLING

1 cup milk
½ cup cream
½ cup flour or less
¾ cup sugar
2 eggs
½ lemon or orange, juice and rind
1 tablespoon butter
½ teaspoon salt
1 teaspoon vanilla

Mix dry ingredients. Scald milk and cream. Reserve a small portion to make paste of dry ingredients. Add the scalded milk and cook until it is so thick that it drops from the spoon. Add flavoring and beaten yolks and remove at once from the fire. Add butter, place between layers of cake and sprinkle top with powdered sugar.

MRS. JAMES DICKIE, Box 63, Orleans

DATE PIE FILLING

1 pound stoned dates
¼ cup sugar
½ cup hot water
1 tablespoon cornstarch

Stew dates, sugar and hot water until thickened. Add more sugar if necessary, then 1 tablespoon cornstarch. Fill baked pie shell, after cooling.

MRS. POLLY FRAZIER, Wellfleet

LEMON FILLING

1 cup sugar
6 level tablespoons flour
grated rind of 1 lemon
½ cup lemon juice
¼ cup boiling water
2 egg yolks
1 teaspoon butter

Mix flour and sugar, add grated lemon, juice and beaten egg yolks. Add boiling water, set the mixture in double boiler and cook until thickened. Keep stirring, cook 10 minutes. Add butter and cool thoroughly before putting on cake.

MRS. YVONNE ROUSSEAU, 281 Bates Street

MINNEHAHA CAKE FILLING

1 cup sugar
4 tablespoons butter
1 egg white
½ cup chopped raisins
½ cup chopped nuts

Boil sugar and butter until clear in a double boiler; add beaten egg white and raisins and nuts.

MRS. JOHN WALSH, 69 Russell Street

MOCHA FILLING AND ICING

1 cup confectioner's sugar
2 tablespoons butter
2 tablespoons cocoa
2 tablespoons coffee infusion
½ teaspoon vanilla

Cream sugar and butter. Boil cocoa and coffee for 3 minutes, cool, add to first mixture. Add vanilla.

MILDRED PERRY, 3 Bay Street

NUT FIG FILLING

½ pound figs chopped fine
½ cup water
½ cup sugar
½ cup chopped nut meats
little lemon juice

Chop figs very fine. Add water, sugar. Cook until thick. Take from the fire and add chopped nut meats, lemon juice and spread between layer cake.

MRS. C. B. READ, 118 Arnold Street

PEACH FILLING

1 cup beaten cream
1 cup powdered sugar
1 cup peach pulp
2 tablespoons lemon juice
few grains of salt

Mix ingredients, spread between cake.

MRS. EDWARD ATHINGTON, Adamsville, R. I.

COCOANUT PINEAPPLE FILLING

½ cup water
½ cup pineapple juice
½ cup can pineapple cut in pieces
2½ tablespoons cornstarch
¼ cup sugar
⅛ teaspoon salt
2 tablespoons of cocoanut
2 tablespoons lemon juice

Bring water and pineapple juice to boiling point. Add pineapple and cornstarch mixed with sugar and salt. Cook 20 minutes. When cool add cocoanut and lemon juice.

MRS. F. N. CLEVELAND, 340 Coffin Avenue

RAISIN FILLING

1 cup sugar
3 tablespoons water
1 egg, white
1 cup chopped raisins

Boil together sugar and water until it spins a thread. Pour over beaten white of egg and beat. Add chopped raisins.

NELLIE LOMLARD, Wellfleet

RAISIN AND NUT FILLING

1 cup sugar
4 tablespoons water
½ cup chopped raisins
1 egg white (beaten stiff)
½ cup chopped nuts

Boil water and sugar to syrup, pour the boiling syrup on the egg white stirring all the time; add nuts and raisins. Beat altogether well.

MRS. DON MORTON, 105 Main Street, Fairhaven

SHERRY FILLING FOR CAKE

1 cup seeded raisins
1 cup English walnut meats
yolks of 2 eggs
1 cup Sherry or Port wine
2 tablespoons sweet cream
1 teaspoon vanilla

After spreading mixture on cake sift over it a little sugar, add layer of cake and so on until all are used. Ice top and also put walnut meats on for decoration.

MRS. LUCY M. PALMER, Weld Square Hotel

STRAWBERRY CREAM FILLING

1 cup whipped cream
¼ cup sugar
white of 1 egg beaten stiff
1 cup mashed strawberries

Whip cream quite stiff, sweeten with sugar; add white of egg beaten to a stiff froth and 1 cup of mashed strawberries.

E. CAYTON, East Mattapoisett

ICING

1½ cups confectioner's sugar
2 tablespoons hot milk
½ teaspoon butter
½ teaspoon vanilla extract

Add butter to hot milk; add sugar slowly to make right consistency to spread; add vanilla. Spread on cake.

For pink icing add 1 tablespoon strawberry or other fruit juice.

For yellow icing add 1 teaspoon egg yolk and flavor with orange rind and 1 teaspoon lemon juice.

MISS ANNIE M. CUNNINGHAM, 194 Tremont Street

BOILED ICING

Dissolve ¾ cup of sugar in ⅓ cup of boiling water. Let boil until it forms a soft ball when tested in cold water. Pour syrup in a fine stream over the white of 1 egg (beaten until light). Beat constantly and continue to beat until cool enough to spread.

MRS. LOUISE A. SAVERY, Cotuit

BUTTERSCOTCH MARSHMALLOW ICING

1½ cups dark brown sugar
¼ cup butter
¼ cup boiling water
½ pound marshmallows
½ teaspoon vanilla

Boil sugar, butter and water together until it forms a soft ball when tested in cold water. Pour onto marshmallows that have been melted in the top part of a double boiler. Beat until thick enough to spread on cakes, adding vanilla.

MRS. LEDA BOURBEAU, 436 Cedar Grove Street

ICING FOR ECLAIRS

1 cup sugar
5 tablespoons cold water
1 ounce chocolate

Put sugar and water in saucepan and stir until sugar dissolves and cook without stirring until mixture when tried in cold water forms a syrup thick enough to coat a spoon but not thick enough to form a jelly like ball. Turn on a platter. Let stand until slightly cool then stir with a wooden spoon until white and creamy. Add melted chocolate and stir until mixed. Put in a saucepan. Place over a large saucepan of boiling water and beat until right consistency to spread. To coat Eclairs it is best to apply icing with a butter brush.

FLORENCE FREEMAN, Oak Bluffs

FLUFFY ICING

3 heaping teaspoons marshmallow cream
1 egg white
1½ cups confectioner's sugar
1 teaspoon vanilla

Whip egg white stiff; add vanilla and marshmallow cream; stir in the sugar. Beat all until light and fluffy.

RUTH WHITE, 55 Plymouth Street

GRAPE FRUIT ICING

2 tablespoons strained grape fruit juice
1½ cups confectioner's sugar
pinch of salt

Dissolve the salt in the grape fruit juice and stir in enough confectioner's sugar to make a paste of spreading consistency. A few pieces of marachino cherries make a decoration, adding color.

MAYBELLE KEEFE, 16 Rounds Street

FRUIT AND NUT FILLING AND ICING

2 cups granulated sugar
½ cup water
2 egg whites
½ teaspoon baking powder
1 cup chopped raisins
½ cup chopped figs
½ cup chopped pecans
½ cup chopped almonds

Make a boiled icing by cooking sugar and water until it spins a thread from top of a spoon. Beat egg whites until stiff and add baking powder while beating. Pour hot syrup over the beaten whites slowly, beating constantly and continue until thick enough to spread. Divide icing, leaving enough for top and sides of cake. Mix fruit and nuts with remainder and put between layers. Decorate with whole nuts.

MRS. FRANCES T. WILSON, 23 Sherman Street

MACAROON ICING

1 cup sugar
½ cup water
1 dozen macaroons
2 egg whites
½ teaspoon almond extract

Boil sugar and water and beat into the egg whites that have also been well beaten. Add the extract and spread between layers and on top of cake. Sprinkle with crushed macaroons.

MRS. GRACE ANDREWS, 187 Thompson Street

PINEAPPLE ICING

1½ cups granulated sugar
1 teaspoon vinegar
1¾ cups boiling water
1 teaspoon lemon juice
2 egg whites beaten
¾ cup crushed pineapple
2 tablespoons pineapple juice

Mix sugar, vinegar and boiling water and stir until sugar is dissolved. Cook without stirring until it makes a firm ball in cold water. Pour very slowly on the well beaten egg whites, beating all the time until stiff, then add pineapple, pineapple juice and lemon juice and beat until stiff enough to spread evenly.

MRS. W. J. FRAWLEY, 190 Merrimac Street

SEVEN-MINUTE ICING

1 egg white
3 tablespoons water
¾ cup granulated sugar
¼ teaspoon cream of tartar

Put all together in top of double boiler. Beat over boiling water seven minutes, or until thick. Flavor.

MRS. CHARLES A. BRIGGS, 111 Park Street

WHIPPED CREAM SUBSTITUTE

Economy whipped cream for every day use.

Beat the whites of two eggs very stiff, slicing one banana very thin; add to egg whites and beat until dissolved, sweeten with powdered sugar, it has a rich taste and creamy color, place on any kind of cake, pudding or jelly.

MRS. JOHN COOK, 6 Green Street

Chapter XXI

FROZEN DESSERTS

"Summer or winter, day or night,
Ices are ever a new delight."
—*Anon.*

Probably the most attractive kinds of desserts are those that are frozen, and modern methods of refrigeration are particularly adapted to the making of these delicacies.

After a heavy dinner, there is nothing so comforting as a sherbet or an ice, and after a lighter meal, what is quite so pleasant a surprise as a delicious rich mousse.

Old or young, there are few indeed among us humans, who do not grow enthusiastic over the thoughts of eating ice cream. Were it not for this enthusiasm, how could the flourishing business of the many existing soda fountains be explained? But far better than the ready-to-eat ice cream is the thrill attached to that which is made at home. Nobody seems to mind chopping ice and turning the crank of the freezer when it is a question of having homemade ice cream which contains the best milk and cream and fresh fruit. There is a real treat in store for those who have never known the joy of freezing their own ice cream.

BAKED ALASKA

thin sheet of sponge cake
whites of 6 eggs
6 tablespoons powdered sugar
2 quarts brick ice cream

Beat the egg whites and add sugar. Cover a small clean board with white paper. Lay on the sponge cake. Turn the ice cream which must be hard on the cake, letting the edges of the cake extend ½ inch beyond the cream. Cover with egg whites and spread smoothly. Brown quickly in a hot oven. The board, paper, cake and meringue are non-conductors of heat and prevent the cream from melting. Slip from paper on an ice cream platter.

MRS. MAURICE GENENSKY, 307 Maple Street

CHOCOLATE CREAM DELIGHT

1 can chocolate wafers
1 jar cream
⅓ cup sugar

Whip cream stiff; add sugar. Arrange wafers five in a pile. Spread each side of wafer generously with cream. Sprinkle cut walnuts on top of each. Put in ice chest a few hours before serving. Preferably over night.

MRS. BEATRICE D. FOWLER, 50 James Street

FROZEN PUDDING

1 pint milk
scant ½ cup flour
2 tablespoons gelatin
2 cups sugar
1 pound French candied fruits
2 eggs
1 quart cream
4 tablespoons wine

Let the milk come to a boil. Beat the flour, 1 cup of sugar and the eggs together and stir into the boiling milk. Cook 20 minutes and then add your gelatin after soaking one or two hours. Set away to cool. When cool, add the wine, 1 cup of sugar and the cream. Freeze ten minutes, then add the fruit and finish freezing. Take out the beater, pack smoothly and set away for an hour or two.

MISS CLAIRE BRANCHAUD, 336 Sawyer Street

FROZEN CRANBERRY PUDDING

This makes a dainty and light dessert.

1 quart cranberries
1 cup water
3 cups sugar
½ cup orange juice
½ cup candied orange peel
3 egg whites

Simmer cranberries in water until tender. Strain, put back on the fire and add sugar, stirring until dissolved. Let cool and add orange juice. Add orange peel, chopped fine. Then fold in the whites of eggs. Fill a mold so that it overflows. Cover with buttered paper. Fasten the cover on securely and pack in ice and salt for 3 or 4 hours using 1 part salt to 4 parts of ice. Canned pears halved will add to the color scheme.

MRS. CAROLINE STANDER, 723 Allen Street

FROZEN SALAD

1 tablespoon melted butter
3½ teaspoons flour
3 teaspoons sugar
1 teaspoon salt
⅔ cup milk
2 yolks of eggs
⅓ cup vinegar
⅓ teaspoon paprika

Cook in double boiler, stirring until it gets quite thick. Remove from fire and beat well, cool. Then add:

1 small bottle maraschino cherries and juice
1 cup pineapple (small slices)
1 cup orange (small slices)
2 cups green grapes (chopped)
½ pint heavy cream, whipped

Put in oiled tins and pack in salt and ice. Let stand 3 hours. Serves five people.

MRS. A. L. SHOCKLEY, 591 County Street

GINGER FLUFF (FROZEN DESSERT)

12 marshmallows cut in quarters
pinch of salt
½ bottle ginger ale, or 1 glass
a little milk
1 jar whipped cream

Melt marshmallows in a little milk. Freeze all ingredients in an electric refrigerator.

MRS. SUSIE ANDREWS, 197 Pine Street, Portland, Me.

ICE BOX DESSERT

1 pint whipped cream
3 boxes chocolate snaps

Put layer of chocolate snaps two deep in glass pie plate, cover this with whipped cream and then another layer of chocolate snaps two deep and fill the plate with whipped cream. Sprinkle top with chocolate shot. Keep in ice box over night.

MRS. HENRY FUPONIER, 46 Capitol Street

CHOCOLATE ICE CREAM

2 cups milk
2 egg yolks
¾ cup sugar
pinch of salt
2 squares bitter chocolate
1 cup cream
1 tablespoon vanilla

Scald milk and pour over beaten egg yolks and sugar, saving a little hot milk to mix chocolate which has been melted over boiling water. After chocolate has been thoroughly blended with milk, add to sugar, eggs and milk. Cook this in double boiler until about as thick as cream. Chill and when cold fold in whipped cream. Add vanilla and place in tray of refrigerator. Freeze from 4 to 5 hours. It is not necessary to use either gelatin or cornstarch and does not need to be stirred after placing in tray.

MRS. DANIEL VALENTINE, 144 Shawmut Avenue

FRENCH ICE CREAM WITH BROWN BREAD CRUMBS

2 cups milk
1 cup sugar
6 egg yolks
2 cups cream
1 cup brown bread crumbs, dried
1 tablespoon vanilla
¼ teaspoon salt

Make a soft custard of milk, sugar and egg yolks. When cool, add whipped cream, salt and flavoring. Freeze.

MRS. MARGARET BACH, 18 Bannister Street

NOUGAT ICE CREAM

2 cups milk
1 cup sugar
5 egg yolks
½ teaspoon salt
2 cups thick cream
1 tablespoon vanilla extract
¼ cup pistachios
5 egg whites
¼ cup filberts
¼ cup English walnuts
¼ cup almond meats
¼ cup hickory nuts
1 teaspoon almond extract

Make a custard of the milk, sugar, egg yolks and salt. Strain and cool. Beat the cream and add it. Then add nut meats chopped fine; the whites of the eggs, well beaten and the flavoring extracts. Freeze and let stand four hours.

MRS. GRACE MACK, 184 Washington Street

ORANGE ICE

4 cups water
2 cups orange juice
2 cups sugar
¼ cup lemon juice
grated rind of 2 oranges

Make a syrup by boiling sugar and water for five minutes. Add fruit juice and orange rind. Strain and freeze.

MARY TEIXEIRA, 92 Winterville Road.

ANGEL PARFAIT

1 cup sugar
¾ cup water
whites of 3 eggs
1 pint heavy cream
1 tablespoon vanilla

Boil sugar and water until syrup threads. Pour slowly on beaten whites of eggs and beat until cool. Add stiffly beaten cream and vanilla then freeze.

EMMA R. MARTIN, 319 Hawthorn Street

CAFE PARFAIT

1 cup coffee (hot)
1 envelope minute gelatin
2 egg yolks
1 cup sugar
1 pint whipping cream

In hot coffee dissolve gelatin, add egg yolks well beaten, and sugar. Cook in double boiler until it begins to thicken. Remove from fire, cool and place on ice. Whip cream and stir into this the cold custard. Turn into pail or mold and pack in ice and salt for three hours.

HELENA A. WHELAN, 52 Locust Street

PEPPERMINT STICK ICE CREAM

4 tablespoons sugar
pinch of salt
3 egg whites
4 tablespoons flour
1 quart milk
½ pound peppermint sticks
1 pint cream

Mix sugar, flour and salt, and moisten with a little milk, then stir until smooth. Scald the rest of the milk and add gradually to the paste, stirring constantly until slightly thickened. Cool a little, then turn into the beaten whites. Mix thoroughly, using egg beater. Add crushed candy while mixture is quite warm. Cool, add cream and freeze.

MRS. FRANCES WILSON, 23 Sherman Street

COFFEE MOUSSE

yolks of 3 eggs
½ cup strong coffee
½ cup sugar
1 pint whipped cream
whites of 3 eggs
½ cup walnut meats

Mix together the yolks of eggs, strong coffee and sugar. Cook in double boiler until thick like custard stirring frequently. When cool add whipped cream and the whites of eggs beaten very stiff, also walnut meats chopped very fine. Beat thoroughly and pour in freezing compartment of refrigerator or in mold.

MRS. W. WELSH, 303 Summer Street

COCOANUT MOUSSE

1 can moist cocoanut
½ cup sugar
1 pint sweetened whipped cream
1 tablespoon plain gelatin

Put cocoanut through a food chopper. Put into a saucepan and place on fire; add sugar and gelatin soaked in a little cold water stirring constantly until dissolved. Remove from fire and pour into a bowl set on ice and stir briskly. When cold add whipped cream. Pour this mixture into a covered mold. Pack in ice and salt. Leave for two hours. Serve with cream and garnish with cocoanut.

MRS. T. BIELEFELD, 100 Swift Street

CRANBERRY SHERBET

1 pint of cranberries
¼ teaspoon lemon juice
3 cups water
2½ cups sugar

Cook cranberries and water 10 minutes. Strain them through fine strainer, add lemon juice and sugar. Freeze in ice cream freezer using equal parts of salt and ice.

IDA DUPIUS, 1139 Joyce Street

PEACH POMBERRY

¾ cup sugar
¼ cup cold water
¼ cup hot water
1 pint fresh or canned peaches
¾ teaspoon bitter almond extract
½ pint cream
2 teaspoons gelatin
1 pinch of salt

Mash the fruit and rub through a colander. Canned fruit may be used. Soak the gelatin in cold water. Dissolve in the hot water and add the sugar allowing to dissolve. Add the fruit pulp and flavoring and allow to cool. When cool add cream whipped. Pack and freeze or put into an electric refrigerator.

MRS. COOPER, 65 Milton Street

BANANA SHERBET

1½ cups sugar
1 cup water
6 medium sized bananas
2 cups orange juice
2 tablespoons lemon juice
1 egg white
2 extra tablespoons sugar

Boil water and sugar together 5 minutes. Cool. Mash the bananas or put through a potato ricer. Add the orange and lemon juice to the banana pulp, and combine with the cooled syrup. Pour into the freezer can and partially freeze. Then add the egg white beaten very stiff with the 2 tablespoons of sugar. Fold into the sherbet and continue freezing until stiff enough to serve. Serve garnished with diced oranges.

ESTHER SCHROEDER, 121 Adams Street, Fairhaven

LEMON SHERBET

2 quarts of milk
juice of 6 lemons
1 quart sugar

Have your milk partly frozen before adding sugar and lemons. Freeze it quite fast.

MRS. HOWARD W. GILL, No. Eastham, Mass.

ORANGE SHERBET

2 eggs, whites stiffly beaten
1 pint sugar
½ pint cream
1¼ quarts milk
juice of 1 lemon
juice of 3 oranges

Add the juice last before freezing.

MRS. N. BROWNE, 78 Bradford Street, Provincetown

MILK PINEAPPLE SHERBET

1 can crushed pineapple
1 can evaporated milk
2 or 3 lemons
1¾ cups sugar
1 quart milk

Mix and freeze.

MRS. JOHN M. FISH, Cotuit

PINEAPPLE MILK SHERBET (Very Reliable)

3 cups milk
1½ cups sugar
1 small can of fine chopped pineapple
juice of 1 lemon

Mix sugar with fruit and milk and freeze.

MRS. BENJAMIN TRIPP, 17 Plymouth Street

PEACH CREAM SHERBET

2 cups mashed fresh peaches
1 cup cream
chopped maraschino cherries
1 cup sugar

Sprinkle the sugar over the peaches and let stand 3 hours. Fold in the cream whipped stiff and freeze. Garnish with chopped maraschino cherries. Canned peaches may be used in which case reduce the sugar to ¾ cup.

MRS. THOMAS W. GRAY, Truro

Chapter XXII

JELLIES, PICKLES, PRESERVES AND RELISHES

"Stewed in brine, smarting in lingering pickle."
—Shakespeare.

The time for canning and preserving is at once the housewife's delight and despair. There are occasions when it seems that the archfiend takes special pleasure in ruining jelly that should, by every rule of the game, be quite perfect. But these disconcerting experiences which bring only disappointment are growing fewer and fewer while successes are growing increasingly greater in number. The reason is simple. Those who do their own preserving now are willing to follow exactly the recipes before them, and those formulae, in the light of practical experiments by domestic science experts, show a vast improvement over the somewhat haphazard recipes of years ago.

Jellies, jams, and conserves are admittedly difficult to make well, but pickling is a relatively easy process. There are few failures in this line and many a sensation of pleasure is experienced by those who find chow chow, mustard pickle, or Chutney a welcome addition to their meals.

Certainly there is no denying the warm feeling of satisfaction that the housewife feels in mid-winter when she views the results of her autumnal labor. A shelf of clear, delicious currant or guava jelly, orange marmalade, grape conserve, watermelon preserve, or any of the many varieties of pickles and preserves is quite enough to send a flush of pride to the cheek of any woman who has proved that she can do something uncommonly well.

GRAPE CONSERVE

Pick over, wash and drain seven pounds of grapes. Separate pulp from skin. Put pulp in kettle, heat to boiling point, then let simmer until seeds separate from pulp, then rub through sieve. Return pulp mixture to kettle adding skins which have been chopped; seven pounds of sugar, one pound of chopped English walnuts, and one pound of chopped raisins.

Bring to boiling point, let simmer until thick, about 30 minutes, stirring occasionally. The grated rind and juice of two oranges may be added if desired. Place in jelly tumblers and seal same as jelly.

MRS. DORIS GURNEY, 369 Cottage Street
President of United Church Mother's Club

BLUEBERRY AND APPLE CONSERVE

1 pint blueberries
1 pint tart apple diced
3 cups sugar
juice of 1 lemon
grated rind of ½ lemon

Put all together. Cook until it becomes thick and clear.

MRS. A. E. NELSON, 80 Lucas Street

CANTALOUPE CONSERVE

1 pint cubed cantaloupe
juice and grated rind of large lemon
2⅔ cups sugar
¼ cup chopped blanched almonds
1 pint cubed tart apple

Combine all ingredients except nuts. Cook rapidly until thick and clear. Add the nuts and turn the conserve into clean hot glasses. When cold cover with paraffin.

MRS. LOUISA NELSON, 43 Sherman Street

GRAPE CONSERVE

1 basket Concord grapes
½ package seeded raisins
1 orange
1½ pounds granulated sugar
½ pound English walnut meats

Slip skins of grapes and cook pulp till the seeds separate, then sift. Add to the sifted pulp, the skins chopped, the orange pulp and juice. Cut orange pulp in small pieces, the raisins cut small, and sugar. Cook this mixture 1 hour, then add chopped nut meats and cook 30 minutes. When cool, put in glasses same as jelly.

M. I. DAVIS, 151 Kempton Street

SPANISH PLUM CONSERVE

5 pounds Spanish plums
5 oranges
1 pound package seeded raisins
4 pounds of sugar
1 pound walnut meats, chopped
peels of 2 oranges

Cut up plums and oranges in large pieces, add raisins, sugar, orange peels cut very fine, mix all with wooden spoon. Let stand over night. In the morning just before cooking add the walnuts, cook slowly 40 minutes. Very nice for either sandwiches or roast meats.

BEATRICE POTIM, 667 Cottage Street

APPLE GINGER

4 pounds apples
4 pounds brown sugar
1 pint water
1 ounce ginger root
rind of 4 lemons

Boil slowly 2 hours or until clear. Do not chop apples too fine. Pour into jelly glasses.

E. L. McCANN, 31 Parker Street

APPLE JELLY FROM SWEET CIDER

1 pint (2 cups) Apple Cider
5 cups sugar

Measure sugar and then cider into saucepan, stir and bring to a boil. Cook slow about 2½ hours until jelled. Let stand a few minutes then skim, pour quickly and cover hot jelly with hot paraffin.

MRS. CHARLES FRATES, 204 Branscomb Street

GOOD CRANBERRY JELLY

4 cups cranberries
1 cup boiling water
2 cups sugar

Boil berries and water for 10 minutes and put through colander. Return strained pulp and sugar to fire, and allow to come to a boil, stirring constantly, so sugar will be dissolved rapidly. Boil until mixture jells.

MRS. E. J. RYAN, Buzzards Bay

DAMSON PLUM JAM

1 pound Damson plums
½ to ⅔ pounds of sugar

Wash plums and remove the seeds if desired. (The flavor of seeds is sometimes preferred.) Add sugar and cook until mixture is thick and clear. Pack immediately and seal at once.

MISS MAY HILTON, 383 Cedar Grove Street

GOOSEBERRY JAM

6 quarts gooseberries
9 pounds sugar
rounding teaspoon allspice
1 pint vinegar
rounding teaspoon cinnamon

Boil fruit and vinegar with half amount of sugar for one hour. Then add rest of sugar and spices and cook ½ hour.

MRS. ANNA M. FONTES, Harwich

PINEAPPLE JELLY

2 cups boiling water	½ cup sugar
1 cup pineapple juice	3 tablespoons lemon juice
2 tablespoons gelatin	2 tablespoons cold water

1½ cups pineapple

Pour water over sugar, and when dissolved add gelatin soaked in cold water five minutes, then add juice drained from canned pineapple, and lemon juice. Strain, and when mixture begins to thicken, add canned pineapple cut in half-inch cubes. Turn into mold that has been dipped in cold water and chill thoroughly.

MRS. E. S. PRESS, 137 Tremont Street

PLUM JELLY (GRANDMOTHER'S)

Wash fruit, place in pan, set in hot water, and heat until fruit is softened and juice flows freely. Strain through wire strainer, then through jelly bag. Return pulp to kettle, add small quantity of water and cook 15 minutes. Strain juice as before. Add ⅛ cup water to each cup juice, boil 3 minutes, add ¾ cup sugar to each cup juice and cook until mixture sheets from spoon. Fill glasses, cover and store in cool, dark place.

MISS E. MONIZ, 10 Winter Street

WILD GRAPE AND ELDERBERRY JELLY

Add 4 pints of green grape juice and pulp to 8 pints of elderberry juice. Strain them and add 1 pound of sugar to each pint of juice. Boil for 20 minutes or until the liquid jells. Pour into jelly glasses and cover when cold.

E. F. CHADWICK, R. F. D. No. 7

CARROT MARMALADE

2 pounds carrots	4 lemons

3½ pounds sugar

Remove seeds from lemons, slice and boil until tender. Boil carrots when done, drain off water. Run through chopper using coarse knife. Put together; add sugar. Cook 1 hour and put into jars.

MRS. JAMES HICKEY, 266 Orchard Street

RUSSIAN JELLY

½ box gelatin
1 cup boiling water
¼ cup lemon juice
2 tablespoons wine
½ cup cold water
1½ cups sugar
½ cup canned or preserved fruit or berries
½ cup orange jiuce

Put the berries if fresh through the press and cover with ½ cup of the sugar. Cover the gelatin with the cold water and let it stand half hour. Add the boiling water and when the gelatin is dissolved, add the sugar, first juice and wine. As soon as the jelly begins to harden whip with a wire beater until the whole mass is frothy like snow pudding. Put away in mold previously wet with cold water to harden.

MRS. NATHAN W. PHILLIPS, School Street, West Dennis

GRAPE MARMALADE RECIPE

5 pounds grapes
2 medium oranges
4 pounds sugar
1 pound seedless raisins
1 pound walnuts

Cook skin of grapes until tender. Cook pulp and put through a sieve to remove seeds. Put raisins and oranges through meat grinder. Mix all ingredients except nuts, and cook until mixture jellies. Add nuts. Put into jars and seal, cool and label.

ELSIE DESROSIES, 220 Phillip Avenue.

ORANGE MARMALADE

4 large, juicy, thin skinned oranges
3 lemons
7 pints of water
7 pounds sugar

Grind and soak the oranges, the juice of 3 lemons and the rind of one of the lemons with the water over night. In morning boil ½ hour and then add sugar and boil 1 hour until it hardens on ice. Put into jelly tumblers and seal.

M. FLIEGEL, 942 Terry Lane

PEACH MARMALADE

Peel and pit about 3 pounds of ripe peaches. Cut into very thin slices. There should be 2 pounds of prepared fruit. Place in a large kettle with 3¼ pounds of sugar. Mix well. Boil hard 1 minute stirring constantly. Remove from fire and add 1 bottle of fruit pectin. Skim, pour into sterilized glasses. Cover with hot melted paraffin. The juice from 1 lemon may be added to the sliced peaches.

MRS. ALMY PHILLIPS, 9 Nye Avenue, Acushnet

PINEAPPLE-APRICOT MARMALADE

1 large can crushed pineapple
2 pounds dried apricots
6 cups sugar

Soak the apricots for 24 hours in plenty of water. Crush but do not drain. Add the sugar and pineapple. Stir well. Boil slowly for one hour, counting time from the boiling point. Turn into sterilized glasses and seal. Ths recipe makes 5 quarts.

MRS. E. B. ROBBINS, 72 North Street

CURRANT PRESERVE

1 box currants
1 cup raisins
3 cups sugar
1 orange shredded

Cook currants until soft. Boil raisins 10 minutes. Add currants, sugar and orange. Cook 20 minutes.

CLARICE McKENNA, 1412 Pleasant Street

FIG AND RHUBARB PRESERVE

Cut fine 3½ quarts of rhubarb, add 2 quarts of sugar and let stand over night. In the morning boil it till it is thick and add a pint of chopped figs, the juice and rind of 1 lemon. Put the preserve into jelly glasses and cover them with melted parafine.

MRS. R. TRACY, 19 Florence Street, East Fairhaven

QUINCE PRESERVE

½ peck quinces
4 cups water
4 pounds sugar

Pare quinces and cut into eighths. Boil together for 5 minutes the sugar and water. Drop in quinces and cook very slowly until tender. It should be a light brown color when done. Seal in jelly tumblers.

MRS. B. PAPKIN, 55 Palmer Street,
President of Junior Hadassah Society

STRAWBERRY PRESERVES

Mix equal measures of strawberries and sugar, and stir mixture until it boils. Boil gently for six minutes. Pour into clean hot jars and seal at once.

MISS CAROLINA MONIZ, 128 Matthew Street

CANDIED CRANBERRIES

4 cups cranberries
1 cup cold water
2 cups granulated sugar
¼ teaspoon saleratus
½ teaspoon salt

Put in large kettle, cover tightly, let boil 15 to 20 minutes. Put away to cool. Do not remove cover until cool that is the secret of success.

FLORENCE D. BROWNELL, 286 Mill Street

CANDIED LEMON PEEL

1 cup water
1 cup sugar
2 cups lemon peel cut in long strips

Put lemon peel into sauce pan and pour water over it. Cook until tender. Drain water and add sugar, gradually heat, and when sugar is melted cook slowly until peel is clear. Remove from fire, and when cool dip in dry granulated sugar. Pack away to keep in jars if you wish.

MRS. F. CRYER, 259 Eugenia Street

GRANDMOTHER'S SPICED PEACHES

Wash peaches and remove fuzz with a soft cloth. To 1 quart of vinegar add:

2 teaspoons whole cloves
2 teaspoons stick cinnamon
½ ounce of ginger root

Tie cloves, stick cinnamon and ginger root in a cloth. Drop into the vinegar. To 8 pounds of fruit use 1 quart of vinegar and 4 pounds of sugar. Boil 15 minutes. Put peaches in a crock. Pour vinegar over them and re-scald after 3 or 4 days. Seal in airtight quart jars or in a crock. Take several pieces of cheese cloth then dip in melted paraffin and cover the crock. Paraffin will harden making an airtight seal.

MRS. FLORENCE SOWLE, 83 Brooklawn Street

PEAR BUTTER

3 quarts pears
2 quarts sugar
1 quart water

Peel and quarter pears. Cook pears, sugar and water until pears are tender. Remove and mash fruit and return to syrup and cook 20 minutes. This does not have to be stirred.

MRS. MARY CORREIA, 12 Tallman Street

MINCE MEAT

2 pounds beef, chopped
1 pound of suet
4 pounds apples
2 pounds raisins
½ pound citron
3 lemons
3 pounds sugar
1 tablespoon cloves
2 tablespoons cinnamon
1 tablespoon nutmeg
1 tablespoon salt
1 tablespoon ginger
1 pint fruit jelly
2 quarts cider or coffee

Chop beef fine. Pare, core and chop fine apples. Let simmer for 4 hours. Fill jars and cook 10 minutes cold pack method.

Note: A glass of tart jelly added to the above makes a delightful addition.

MISS LEVERN WOOD, Consodine House, Brewster

PLUM BUTTER

1 peck of plums
½ bushel sweet apples

Cook in separate kettles until quite soft, with just enough water to prevent sticking to the bottom. When soft, put through a colander into the same kettle and to each pound add ¾ pound white sugar. Let cook a short time. Seal up.

ALICE FARLEY, 112 Richmond Street

MUSTARD PICKLE

2 large cauliflowers
1 quart cucumbers
1 quart small onions
1 quart green sliced tomatoes
½ cup salt

Sprinkle salt over ingredients, let stand over night, and in morning heat well by adding a little hot water to brine. Cook about 15 minutes and drain.

Dressing

½ cup flour
1 tablespoon tumeric
1½ cups sugar
5 tablespoons mustard
butter

Have 1 quart vinegar (part water) hot and mix ingredients with little cold water. Add to vinegar, cook well like custard and pour over pickles, stirring well.

MRS. M. P. SAMPSON, 75 Plymouth Street

NEW BEDFORD'S OWN PICCALILLI

1 peck green tomatoes
½ peck Spanish onions
3 red peppers
2 green peppers
salt
2 tablespoons fine allspice
2 cups granulated sugar
enough vinegar to cover all

Cut tomatoes in slices into big pan. One row tomatoes, 1 of onions. Sprinkle 1 teaspoon salt, few pieces of red and green peppers (each row) continue until all is cut up. Let soak in water over night. In morning drain out water; add vinegar to cover and sugar and spices. Will keep 2 or 3 years if sealed tightly.

MRS. ROSE ASSELIN, 11 Pope Street

UNCOOKED PICCALILLI

½ peck green tomatoes, ground
6 cups green peppers, ground
6 cups cabbage, ground
3 red peppers, ground
1 cup salt
6 cups onions, ground

Cover with boiling water 24 hours for salt to be absorbed thoroughly. Drain dry. Cover with vinegar, add 2 pounds brown sugar. If not sweet enough add more.

2 tablespoons white mustard seed
2 tablespoons celery seed
2 teaspoons clove
2 teaspoons cinnamon
1 teaspoon allspice

Seal at once. Very good.

MRS. LENA BRADLEY, Main Street, Mattapoisett

PINEAPPLE PICKLE

2 cups sliced canned pineapple
2 cups light brown sugar
1 cup white wine vinegar
¼ cup whole cloves, broken
stick of cinnamon
cardamon buds

Drain pineapple, cut in small sections. Make a syrup of sugar and vinegar. Add spices and boil 10 minutes. Add pineapple and cook until transparent (15 to 20 minutes). Seal in sterilized jars.

MRS. ARTHUR S. RICHARDS, 11 Laurel St., Fairhaven

RED CABBAGE PICKLES

Slice cabbage, cover with salt, and let stand two days. Drain and put in preserving kettle. Cover with vinegar and spice to taste. Scald and when cold, put in jars and seal.

MRS. CHARLES DOWTY, 342 Cottage Street

POTTSFIELD PICKLE

3 pints chopped green tomatoes
3 pints chopped red tomatoes
3 pints chopped onions
4 red peppers

Mix all together and cover with ½ cup of salt, let stand over night. In the morning drain well and add:

2 bunches celery, cut small
3 pints vinegar (scant)
1 quart sugar
½ teaspoon dry mustard
½ teaspoon clove
1 cup white mustard seed

Cook slowly 1½ hours. Use the chopping tray and knife to chop with as the meat chopper cuts too fine.

MRS. LYMAN C. EVERETT, 6 Bunton Street, East Milton

SAUERKRAUT PICKLE

1 quart sauerkraut, washed well
3 large onions, sliced fine
¼ teaspoon mustard
½ tablespoon black pepper
¼ tablespoon tumeric
1 cup sugar

Add just enough vinegar to cover an let stand 4 or 5 days. This will keep indefinitely and is a most delicious relish to serve with baked beans or cold meats.

MRS. F. M. RYDER, Centre Street Middleboro, Mass.

WATERMELON RIND PICKLE

Cut the peeled rind in good sized pieces and cover with boiling water. Boil slowly four or five hours or until transparent. To 2 quarts of rind add:

1 pint vinegar
1 quart granulated sugar
1 tablespoon whole cloves
cinnamon bark

Tie cinnamon bark in a cloth. Boil 1½ hours the above ingredients. Let stand several hours. Boil again, approximately 1½ hours and bottle.

MRS. L. B. AKIN, 15 Anthony Street

BEET RELISH

1 quart chopped cabbage
1 quart chopped cooked beets
1 cup grated horseradish
2 cups vinegar
1 cup sugar
salt

Combine the cabbage, beets and horseradish and season with salt and scald the vinegar, dissolve the sugar in it and add it to the first mixture. Cook until clear. Seal in clean hot jars. This is particularly good with mutton.

MISS BEATRICE H. BURGESS, Cumloden, Falmouth, Mass.

SWEET MIXED PICKLES

1 quart small green cucumbers
1 quart large cucumbers cut in pieces
1 quart small onions
1 pint tender wax beans
6 green sweet peppers, sliced
1 quart small green tomatoes cut in half
1 large head cauliflower

Soak 12 hours in hot salt water using a cup of salt. Drain and soak 6 hours in hot alum water using a piece of alum the size of an egg. Drain. Heat 3 quarts of vinegar, 3 cups sugar, 2 ounces whole mixed spice. Boil sugar, vinegar, mixed spice 10 minutes. Put in mixed pickles. Heat through and put in air tight jars. Do not boil pickles.

MRS. C. B. READ, 118 Arnold Street

UNCOOKED CUCUMBER RELISH

Pare 6 large fresh cucumbers and chop fine. Add 1 tablespoon salt, drain cucumbers in colander for 1 hour. Add:

3 small onions, chopped fine
1 teaspoon white pepper
1 pint white vinegar

Stir all together, put into glass jars, seal air-tight and let stand one month before using.

MRS. M. LAMBERT, 313 So. Orchard Street

PEACH RELISH

This is a splendid accompaniment for meats.

½ peck peaches
2 quarts vinegar
3 cups brown sugar
1 teaspoon salt
2 tablespoons ground cinnamon
1 tablespoon cloves
1 teaspoon ground allspice
1 teaspoon mace

Wash and wipe dry the peaches. Cook without paring in just enough water to cover until tender enough to press through a sieve. Add vinegar, brown sugar, salt, cinnamon, cloves, allspice and mace. Cook slowly till as thick as Chili sauce. Pour into wide mouthed bottles and seal. By following the same recipe but using pears, crab apples, plums or grapes, a variety of delightful spicy relishes may be aded to the store of good things for winter use.

MARIE CAMPOS, 490 Bolton Street

PEPPER RELISH

12 red peppers (hot or sweet according to owns choice).
12 green peppers (remove seeds)
12 onions

Cook together (cold water) ten minutes and drain, add the following:

1 quart vinegar
1 cup brown sugar
3 tablespoons salt

Cook until tender but not mushy. Seal in warm jars.

MRS. BETTY L. CAMPBELL, Brewster, Mass.

PEPPER RELISH

12 green peppers
12 red peppers
12 Bermuda onions
1 quart white vinegar
2 cups white sugar
3 tablespoons salt

Put through chopper. Pour boiling water over it and let stand five minutes. Put in cheese cloth bag and drain 1 hour. Add salt, sugar and vinegar. Cook until tender. Put in jars and seal.

MRS. GEORGE CHAMBERLAIN, 119 River Road

GRANDMA'S PEPPER RELISH

6 red peppers
6 green peppers
6 onions
1 small cabbage
1 cup sugar
2 tablespoons salt
1 quart vinegar

Chop all vegetables. Put in bowl. Pour boiling water over all and squeeze dry. Have vinegar hot with sugar and salt. Mix well. Let it come to a boil, cool and seal in jars.

E. C. DAVIDSON, 229 Hersom Street

TOMATO AND CELERY RELISH

1 onion
1 large pepper
2½ cups canned or fresh tomatoes
1 large bunch celery
1 tablespoon salt
2 tablespoons sugar
2 allspice berries
⅔ cup vinegar

Chop onion, pepper, celery and tomatoes fine. Mix ingredients, heat gradually to boiling point and cook slowly 1½ hours. Cayenne or mustard may be added if liked more highly seasoned.

MRS. BERTHA DIAS, 55 Willard Street

CHILI SAUCE

1 large onion
6 peppers (discard seeds)
8 large ripe tomatoes
2 cups vinegar
1 tablespoon salt
1 tablespoon each ginger clove, cinnamon (ground spice)
2 tablespoonfuls brown sugar

Chop onion and peppers, cut up tomatoes, add all other ingredients, cook all together until vegetables are all cooked to pieces, strain through fine strainer and bottle or seal in small jars.

MRS. HARRIS C. LOVELL, Osterville, Mass.

CHOW CHOW

2 quarts green cucumbers sliced
2 quarts small cucumbers whole
2 quarts small onions
3 heads cauliflower cut up
3 green peppers chopped
2 cups brown sugar
6 bunches celery cut up
1½ gallons cider vinegar
24 tablespoons ground mustard
1 large cup flour
1 ounce tumeric

Soak vegetables and weak brine over night in separate earthen dishes; in morning cook in brine separately, then when tender drain, stir in mustard, flour, tumeric, and sugar, together with a part of vinegar until a smooth paste, then beat rest of vinegar and slowly add paste, stirring constantly and boil 15 minutes (putting in pail and setting in hot water to prevent from burning), it will thicken as desired, then put in all vegetables, and cook slowly 15 minutes. Can while hot. This is delicious pickle.

HELEN TROUT, 52 Court Street

CHOW CHOW

1 quart beans, green and yellow
1 quart large sliced cucumbers
1 large cauliflower, chopped
1 quart sliced green tomatoes
1 quart small whole cucumbers
1 quart small button onions
4 green peppers, cut fine

Make brine of 1 pint salt in enough water to cover vegetables, and let stand 24 hours. Heat entire mixture enough to scald, and turn into colander to drain. Discard salt water. Mix the following:

1 cup flour
6 tablespoons mustard
1 tablespoon tumeric
vinegar

Use enough vinegar to make 2½ quarts in all. Boil this mixture until it is smooth, stirring constantly. Add vegetables and cook until thoroughly heated.

MRS. EMMA MAHER, 194 Nash Road

CHUTNEY SAUCE

12 apples peeled and cut fine
6 green tomatoes
4 onions
2 green peppers cut in small pieces
1 quart vinegar
1 cup raisins
2 cups sugar
1 tablespoon clove
1 tablespoon salt
1 tablespoon cinnamon

Cook 1 hour. Put in jars, seal. To eat with beans or fish.

MRS. IDELLA M. FULLER, Chathamport, Mass.

GRAPE CATSUP

2½ pounds grapes
1¼ pounds sugar
½ tablespoon each of ground spices as follows: Cinnamon, clove, allspice and black pepper and ½ tablespoon salt

Boil all together until grapes are well cooked. Then strain through wire sieve and cook until thick. Put into bottles or jars and cover.

Excellent (to eat with fish or cold meat).

MRS. HARRIS C. LOVELL, Osterville, Mass.

Chapter XXIII

CANDY

"Hippity-hop to the barber shop
To get a stick of candy."

It is not hard to recall the days when youngsters went hippity-hopping to some kind of a shop for an ebon-hued licorice stick, some old-fashioned lemon drops, or a peppermint "jaw breaker" so disconcertingly jaw-breaking in retrospect. No doubt these expeditions to the store, prompted by a natural sweet tooth and possession of a chance nickel, caused fond parents no little concern and made them quite willing to agree to a candy pull or a fudge party.

With the growth of candy manufacturers and the increasing excellence of their products, the practice of making candy at home was pushed more and more into the background until it is now a comparatively rare occasion when toothsome sweets are made in private kitchens. That fact does not lessen our determination to devote considerable space to candy recipes.

In the majority of cases, home cooked foods of all kinds are better than those prepared outside the home. This holds true as much in the case of candy as in the cases of cake or pie or roast beef. Pure ingredients of the highest order are bound to make some difference in the finished product. Added to this is the fact that it is really fun to make candy. On cold winter nights when there is too much static in the air to make the radio enjoyable, when all the movies have been seen, and all the books read, what better diversion could be sought than an experiment in candy-making? Try it some night. It is sure to prove a delightful change.

ALL BRAN BRITTLE

2 cups granulated sugar
1 cup brown sugar
½ cup light corn syrup
¼ cup butter
⅛ teaspoon salt
½ cup all bran
¾ cup water

Put sugar, corn syrup and water into saucepan and cook, stirring until the sugar is dissolved. Continue cooking without stirring until it is 300° F. Remove from fire, add salt, butter, and stir only enough to mix well, add bran and turn at once on greased pan. Smooth out with a spatula. In about a half a minute take hold of edges of candy, lifting it slightly from pan. Pull it as thin as possible. Break into irregular pieces.

MRS. ROSE TREPANIER, 46 Capitol Street.

BRITTLE CHOCOLATE CANDY

butter size of walnut	1 scant cup sugar
1 cup molasses	1½ squares bitter chocolate
1 teaspoon vanilla	

Put molasses and butter in saucepan and when it begins to boil add sugar. Stir frequently and cook until brittle when dropped in cold water. Add chocolate and flavor with vanilla. Add nuts, if desired.

MRS. FREDERIC G. STETSON, Harwich Port

BRAZIL NUTS PRALINES

1 pound shelled Brazil nuts	¼ cup vinegar and water mixed
2 cups brown sugar	

Put nuts over the fire in a pan with vinegar and water mixed. Add brown sugar. Let boil until they begin to sparkle, then remove pan from fire and stir the nuts well until the sugar begins to feel gritty; put them over a slow fire again in order to dissolve the sugar and keep on stirring until they turn reddish; pour them onto a sieve, cover the sieve with a clean cloth and place it in the oven, this will dry the sugar and cause the nuts to look glossy. Any other nuts may be used instead.

MARY O'MALLEY, 259 Ashley Blvd.

BUTTERSCOTCH

1 pound brown sugar	2 tablespoons vinegar
1 cup water	4 tablespoons butter

Wet brown sugar with water into which vinegar has been stirred. Cook for 10 minutes, add butter and boil until a drop will harden in cold water. Pour into large tins that have been buttered.

MRS. JOHN BEATTIE, 4 North Oak Street.

BUTTERSCOTCH KISSES

1 cup granulated sugar	½ cup butter
¼ cup molasses	2 tablespoons vinegar
2 tablespoons hot water	

Boil all together until brittle when dropped in cold water. Take ½ pound marshmallows and cut in halves. Remove butterscotch from fire and dip marshmallows quickly, one by one, with a teaspoon. Lay on buttered tin to cool.

MISS ALICE COUZA, 65 Summer Street.

BUTTERSCOTCH LOLLIPOPS

2 cups sugar
2 tablespoons butter
2 tablespoons water

Boil without stirring until brittle when tested in cold water. Pour into buttered pans until cool enough to handle. While still soft, pull into strips about 1½ inches wide, cut with scissors every 1½ inches. This makes pieces 1½ inches square. Put sticks into the squares and squeeze the corners in so lollipops will be round. It is well to use gloves while handling so the butterscotch may be worked as hot as possible.

MRS. FRED MILLO, 14 Lane Street, Middleboro

BUTTER TAFFY

2 cups light brown sugar
¼ cup molasses
2 tablespoons water
2 tablespoons lemon juice
¼ teaspoon salt
2 tablespoons butter
1 teaspoon vanilla

Boil light brown sugar, molasses and water, then add lemon juice or vinegar and salt. Boil all together until the syrup forms a hard ball in cold water. Add butter and continue cooking until the mixture when tested becomes brittle. Remove it from fire; add vanilla and pour the taffy into a buttered pan. When nearly cold mark into squares. Chopped nuts and peanuts may be added.

MRS. S. RIDING, 29 Myrtle Street.

CANDIED ORANGE PEEL

Peel of half orange
¼ cup water
½ cup sugar
granulated sugar

Wipe orange and remove peel in quarters. Cut in narrow strips and cook in water until tender. Heat the ¼ cup sugar with ¼ cup water in which the peel was cooked. When dissolved, add the orange peel. Cook slowly until syrup is nearly evaporated. Drain and roll the strips in sugar.

MISS MARY SYLVIA, Sassaquin Sanatorium.

CANDIED POPCORN

1½ cups sugar or maple sugar
1 tablespoon butter

Boil sugar or syrup with butter and water until it spins a long thread; pour this on corn, and, if desired, shape into balls. This recipe requires 3 quarts of popped corn.

MRS. WILLIAM ISHERWOOD, 53 Ruth Street.

CANDY BASKETS

1 cup sugar	½ cup water
pinch of cream tartar	

Stir above ingredients together. Put on stove and boil (do not stir after it is on the stove) until it cracks when dropped in cold water. When it is almost done it becomes very bubbly. Pour it out on a buttered slab and gradually work it into a ball or lump, by folding the edges into the center. When cool enough to handle, add ¼ teaspoon flavoring extract. Then pull and form into baskets making each a different shape. Butter the hands occasionally while pulling. These quantities will make three small baskets. It is well to keep in mind that extracts and colors go together. When wintergreen extract is used, color with red culinary paste. When lemon, use yellow, when spearmint, use green, when nutmeg, green and red mixed; using twice as much green as red. You will then have gray; when orange use red and yellow; when cinnamon use heliotrope; sassafras, use very little yellow. Peppermint, use no color. If you do not care to make the basket the recipe is equally good for candies. They may be cut into strips or formed into small balls. For a Children's Party the baskets make a delightful decoration or gift.

ALICE A. ZIEDLIS, 87 Valentine Street.

CARAMELS

2 cups sugar	¼ teaspoon salt
2 cups corn syrup	2 cups evaporated milk
½ cup butter	1 teaspoon vanilla

Cook sugar, syrup, butter and salt about 7 minutes. Add milk slowly and cook until a little forms a firm ball in cold water. Take from fire, add vanilla and walnuts (if desired). Put in buttered pan and when it is cool turn out on buttered bread board and cut in squares. Add three squares bitter chocolate for chocolate caramel.

MARY CABRAL, 1223 Cove Road.

CARAMEL STICKS

2 cups sugar	1 can corn syrup
1 can condensed milk	butter size of an egg
peanuts or walnuts (if desired)	

Put ingredients into large pan and cook until a little harder than soft test. Warm nuts before adding. When cool enough to handle cut and roll into sticks. When cold wrap in wax paper. This makes about two pounds.

MISS MARGARET BURKE, 87 Emma Street.

CANDYING FRUIT AND FLOWERS

To a pound of granulated sugar, add just enough water to soften, and ¼ teaspoon cream of tartar. Put over slow fire and boil until syrup spins a brittle thread. Drop flowers or very thin slices of fruit into syrup, and remove instantly, using a fine crochet hook or knitting needle for lifting them. For the small fruit, a wire egg spoon is best. Put each piece carefully on a waxed paper to dry, letting not two touch each other. Flowers may be cut with a very short stem, and be held by this when dipped. Never use syrup after it begins to look cloudy. Too many pieces dropped in the syrup at once waste instead of hasten in drying the finished product—these are certain to spell failure. Flowers which best lend themselves to candying are violets, rose petals, pansies, single geranium blossoms, nasturtiums, poppy petals and buttercups. Pears, peaches, sweet apples, cherries and strawberries are favored fruits. Citron and musk melon are not difficult to do if sliced very thin.

MRS. ARTHUR N. HARRIMAN, 126 Clara Street.

CHERRY PRALINES

2 cups granulated sugar
1½ cups rich milk
1 cup chopped pecans
¼ teaspoon cream of tartar
1 cup white syrup
½ cup chopped cherries

Cook sugar, milk, syrup and cream of tartar to soft ball. Remove from fire and add nuts and cherries. Cook for 5 minutes longer. Remove from fire and beat until creamy. Drop from teaspoon on waxed paper.

MRS. WILLIAM GREEN, Jr., 25 Roosevelt Street.

CHOCOLATE PECAN PRALINES

3 cups granulated sugar
1 cup sugar, caramelized
1 cup cream
2 squares unsweetened chocolate
3 cups pecan meats

Stir the sugar and cream over the fire until the sugar is melted, then let boil to the soft ball degree or 236° F. Add the chocolate melted or shaved fine and beat it in, then pour the mixture into the cup of sugar caramelized. Let the mixture boil up once, then remove from the fire, add the nuts and beat until the mass begins to thicken. When cold enough to hold its shape, drop on oil cloth, a teaspoon at a time, and at once set half a nut meat on each. Two persons are needed to make these pralines, one to drop the mixture, the other to decorate.

MRS. MARY WORDELL, Clifford.

CHOCOLATE CREAM CANDY

2 cups light brown sugar
⅔ cup milk
2 squares chocolate
1 teaspoon butter
¼ teaspoon vanilla

Boil to soft ball test. Remove and flavor. Beat until thick, add nuts if desired and beat a little longer. Pour into a pan just as the candy is about to stiffen.

MRS. EDNA A. WILDERS, 102 David Street.

CHRISTMAS FRUIT CANDY

½ pound dates
½ pound figs
½ pound raisins
½ pound citron
1 tablespoon currant jelly
½ cup confectioner's sugar

Put all the fruit through a grinder; mix with jelly and sugar. Form in balls and roll in sugar. Place on paper to dry.

MRS. WILLIAM HENDERSON, 16 Ashley St., So. Dartmouth.

COCOANUT CARAMELS

1 cup cocoanut
2 tablespoons glucose
1 pound brown sugar
¾ cup fat
1 cup milk
1 cup cream
1 teaspoon rose extract
1 teaspoon almond extract
¼ teaspoon salt

Soak cocoanut in milk for 20 minutes, then put into a saucepan with sugar, glucose, salt and ⅓ of the fat, add second ⅓ of fat when it forms heavy thread or registers 230 F. Add third piece of fat, cream and extracts when it again reaches 230 F. When it reaches the hard ball stage turn at once into a greased tin. Cut when half cold. When all are cut, wrap each caramel in waxed paper.

MRS. OLIVE DUTRA, 25 Stowell Street.

COFFEE BUTTERSCOTCH

1 cup very strong coffee
2 cups granulated sugar
½ cup white corn syrup
1½ teaspoons vanilla
¾ cup butter

Combine all the ingredients, except the vanilla and boil until when a little is tried in cold water, it rattles against the cup. The candy thermometer will register 300 F. Then add the vanilla, pour into a well oiled shallow pan and mark in squares when it is almost cold.

MRS. WARREN C. GURNEY, East Freetown, Mass.

CONDENSED MILK CREAMY FONDANT

1¼ cups sifted confectioner's sugar
¼ cup condensed milk
½ teaspoon vanilla

Blend sugar gradually into milk, using fork. Add vanilla and continue mixing until smooth and creamy. Use this fondant plain between halved nut meats or as stuffing for dates. Or form into small balls and roll in chopped nuts, grated cocoanut, chopped candied fruits, and so forth. For other variations, flavor fondant with oil of peppermint, wintergreen or other desired flavoring. Tint with artificial coloring and form into round, flat creams.

MAHALA D. HAZEL, 41 Bullock Street.

CRACKER CRUMB CANDY

½ pound marshmallows, quartered
½ cup sweetened condensed milk
½ cup walnuts (chopped)
¼ cup water
2½ cups graham cracker crumbs
¼ cup dates (chopped)

Cut the marshmallows in a bowl and pour the water over them. Stir, and when soft, add the condensed milk, dates and nuts, and mix thoroughly. Add cracker crumbs, kneading in well. Pour into a pan remove from fire, add chopped nuts and pour into greased tin. Cut into squares when nearly cold.

MRS. ELLEN MARTIN, 72 Elm Avenue, Fairhaven.

CRACKERJACKS (Fine for the Children)

2 tablespoons molasses
2 cups sugar
2 tablespoons butter
2 quarts popped corn
1 cup peanuts

Put sugar in frying pan and stir until sugar reaches the caramel stage. Add molasses, butter and pour this over popped corn and peanuts mixed. Stir until corn is well covered, break up when cold.

MRS. BERTHA SWEET, 951 Rockdale Avenue.

ENGLISH SUGAR CANDY

2 pounds brown sugar
small glass of water
1 tablespoon butter
1 spoonful of vinegar

Let boil sugar and water about 10 minutes, slow. Add butter and vinegar. Pour in a deep pan well greased.

MRS. M. LEACH, 141 Holly Street.

E. K'S SCOTCH CREAM CANDY

1 pound light brown sugar
butter half the size of an egg
¾ cup water
1 square unsweetened chocolate

Cut chocolate fine and mix altogether. Cook over brisk fire until it threads when dropped from a spoon. Take off, and beat with spoon until it gets thick and creamy. Pour out on buttered pan or large plate to cool. May be made without chocolate and is very nice if broken nut meats are added. This hardens it very nice.

MRS. HENRY HACKING, 350 Cottage Street.

ENGLISH TAFFY

Take 1 pound of butter to 1 pound sugar. Put butter in pan first and let melt slightly, then add the sugar. Boil until mixture will harden when dropped in cold water. By adding peanuts, almonds or walnuts to mixture just before removing from fire, a very delicious nut candy may be made.

MRS. J. MITCHELL, 252 Mount Pleasant Street.

ENGLISH TOFFEE

2 cups granulated sugar
1½ cups white corn syrup
⅛ teaspoon salt
3 tablespoons butter
1 teaspoon vanilla
1½ cups thin cream

Pour all ingredients except butter and vanilla into a saucepan. Cook stirring until sugar is dissolved. Cook until the syrup forms a firm ball in water; add vanilla and butter; pour out into thin layer in a well greased pan. Mark off in squares while still warm. For Nut Toffee add 1 cup almonds just before pouring into pan.

LILLIE E. FULLERTON, Falmouth.

FIG WAFERS

1 pound dried figs
½ a lemon
confectioner's sugar
fine granulated sugar

Put figs through food chopper and mix paste with lemon juice and grated rind of the lemon. Work in enough confectioner's sugar so that paste can be rolled out and cut into wafers with a very small cutter dipped from time to time in the sugar. Roll out on board dusted with the granulated sugar and let dry.

MRS. A. HOLT, 162 Branscomb Street.

FONDANTS

1 egg
1 pound confectioner's sugar

If one desires to have two colors, separate the white from the yolk and beat. Mix separate. In the white, if desired, add the vanilla flavor and in the yolk the lemon flavor; add enough sugar to handle with hands the same as with dough. Shape them the size of chocolates and garnish each one with a nut meat. Put on a wax paper and let dry.

MRS. JOSEPH P. CARON, 74 Seabury Street.

FRENCH CREAM

This is the foundation for all French cream candies.

white of an egg
confectioner's sugar
an equal quantity of cold water

Add water to egg and stir in enough confectioner's sugar to make stiff enough to form into shape with the fingers. For walnut cream, make the French cream into balls and press half a walnut meat on each side. Flavor the cream to taste. Color creams to suit one's fancy with vegetable coloring.

MRS. FRANCIS WILSON, 23 Sherman Street.

FUDGE

2 squares chocolate
1 teaspoon butter (size of walnut)
1 small can evaporated milk
1 box confectioner's sugar

Cook 15 minutes after it starts to bubble. Beat well, then add 2 heaping tablespoons marshmallow fluff. Add butter after it boils 15 minutes. Grated or chopped walnuts may be added before beaten.

MRS. JACOB A. HORVITZ, 240 Rounds Street.
President Council Jewish Women.

BROWN SUGAR FUDGE

2 cups light brown sugar
1 cup granulated sugar
1 small can evaporated cream
1 teaspoon vanilla
2 tablespoons butter
2 heaping tablespoons marshmallow
1 cup chopped walnuts

Boil sugar and cream until it forms a soft ball when tried in cold water. Remove from fire and add butter, marshmallow, nuts and vanilla. Beat until creamy. Pour into buttered pan. When cool cut in squares.

MISS E. O. RICHARD, 227 Eugenia Street.

CARROT FUDGE

1 cup corn syrup
1 cup milk
2 tablespoons butter
1 cup grated carrots
1 cup light brown sugar
flavoring

Cook syrup, carrots, milk and sugar until a few drops will harden in cold water. Remove from fire, add butter, and beat until stiff. Pour in buttered pan, and when cool, cut in squares.

MRS. C. JOUBERT, 1881 Purchase Street.

COCOA FUDGE

¼ cup milk
1½ tablespoons butter
1¼ cups powdered sugar
9 teaspoons cocoa
pinch of salt
½ teaspoon vanilla

Put butter and milk in a saucepan and when butter is melted add the sugar, cocoa and salt. Stir until dissolved and cook, stirring occasionally until it strings which takes about 8 minutes. Remove to a pan of cold water; add vanilla and beat gently until it begins to thicken, when poured at once into a buttered pan. When hard, cut in squares.

GEORGIA F. WING, 105 Brigham Street.

CHOCOLATE FUDGE

2 cups granulated sugar
1½ squares unsweetened chocolate
1 cup brown sugar
½ cup milk
3 marshmallows

Cook until a little dropped in cold water will form a soft ball. Remove from fire. Add 1 tablespoon of butter at once. Beat until it thickens. Add 1 teaspoon vanilla. Pour into a buttered pan.

MRS. HELEN V. ROGERS, South Chatham.

CHOCOLATE CREAM FUDGE

1 package of confectioner's sugar
2 squares of unsweetened chocolate
¼ pound butter
1 small can of evaporated cream
1 teaspoon vanilla
½ can marshmallow mist
1 cup walnuts

Boil sugar, butter, chocolate and cream until a soft ball can be made when dropped in cold water. Take from fire and add nuts, vanilla and marshmallow. Beat until it thickens. Very good.

MRS. ELLA BENOIT, 9 Ball St., Fairhaven

CHOCOLATE NUT FUDGE

2 cups sugar
⅓ cup corn syrup
2 tablespoons butter
2 squares chocolate
½ cup cold milk

Cook slowly until tested in cold water will form a soft ball. Add 1 teaspoon vanilla and ½ cup nut meats and beat until it thickens. Put in pan and cool until cold enough to cut in squares. 2 tablespoons of peanut butter may be added in the place of the nut meats.

MRS. LYDIA PACHECO, 11 Columbia Street.

CORN SYRUP FUDGE

2½ cups sugar
½ cup water
1 cup chopped nuts
½ cup corn syrup
2 egg whites, beaten stiff
vanilla flavoring

Boil sugar, water and syrup until mixture will spin thread when dropped from spoon. Gradually pour it over the eggs, beating constantly. Add flavoring and nuts and beat until creamy. Pour in well greased pan.

MRS. ETHEL DALEY, 37 Bridge St., Fairhaven

CREAMY FUDGE

2 cups granulated sugar
2 tablespoons cocoa
4 tablespoons corn syrup
1 teaspoon vanilla
2 heaping tablespoons flour
pinch salt
1 cup milk
butter size of walnut
1 cup walnut meats if desired

Mix thoroughly sugar, flour, cocoa and salt; add corn syrup and stir well; add milk. Put on fire and cook until soft ball may be formed when dropped in cold water. Remove from fire, add vanilla, and butter, and let stand until slightly cool. Beat until thick. If nuts are used, add just before pouring in buttered pan.

MISS EMMA S. ASHLEY, Dr. Braley Road, East Freetown.

DIVINITY

⅔ cup cane syrup
2 cups sugar
⅓ cup hot water
whites of 2 eggs
2 ounces chopped nuts
2 ounces chopped raisins
1 teaspoon vanilla

Boil sugar, cane syrup and water together until it forms a hard mass in cold water. Beat whites of eggs very stiff and beat in the nuts and raisins. Pour on the hot syrup beating all the time. When mixture will stand alone drop from spoon onto a buttered plate.

MRS. AURORE PLANTE, 146 Sylvia Street.

DIVINITY FUDGE

2½ cups sugar	½ cup water
½ cup corn syrup	whites of 2 eggs

1 cup broken walnut meats

Mix sugar, corn syrup and water. Boil until when dropped in cold water mixture will form a firm ball between the fingers. Beat the eggs stiff. Pour half the boiling mixture over the eggs, beating constantly. Return the remaining half of mixture to the stove and boil until when dropped in cold water it forms a hard ball. Then remove from stove and pour slowly into the first half beating constantly. Add walnuts and vanilla. Pour into a buttered pan and cut in squares.

ALICE L. BEE, Orleans.

GRAPENUT FUDGE

½ cup grapenuts	½ teaspoon salt
1 cup milk	2 squares chocolate
2 cups sugar	2 tablespoons butter

1 teaspoon vanilla

Combine sugar, milk, chocolate and salt and cook over a low fire without stirring until sugar is melted. Then set in a pan of cold water until it is cold and add vanilla and butter. Beat mixture until creamy and thick then add grapenuts and continue to beat then pour into pan to harden.

ANNIE SOUZA, 78 Dunbar Street.

MAPLE DIVINITY

2⅓ cups sugar	¼ teaspoon salt
½ cup maple syrup	2 egg whites
⅔ cup light corn syrup	1 cup pecans or walnuts
¼ cup water	½ teaspoon vanilla

Put the sugar, maple syrup, corn syrup, salt and water into a saucepan and cook stirring until the sugar is completely dissolved. Continue cooking without stirring until the temperature 260 F. is reached (cold water test almost brittle). Remove from the fire and gradually pour the syrup over the stiffly beaten egg whites. Work quickly, beating during this addition and continue beating until the Divinity will hold its shape when dropped from the spoon. Add nuts and vanilla and mix thoroughly. Dry by teaspoonfuls on waxed paper or turn into a very slightly greased pan and cut into squares.

MRS. J. A. DESAUTELS, 425 Wood Street.

LIGHT FUDGE

2 cups granulated sugar
½ cup milk
2 cups brown sugar
small piece butter
1 teaspoon vanilla

Boil for 5 minutes, and add to this mixture a small can evaporated milk. Boil until mixture can be formed into soft ball (a few drops) in cold water. Remove from fire and add 2 large spoonfuls of marshmallow cream. Beat until thick. 1 cup chopped walnut meats may be added.

MRS. ERNEST KREBS, 111 DeWolf Street.

EVAPORATED MILK MARSHMALLOW FUDGE

1 can exaporated milk
2 cups white sugar
¼ pound walnuts
2 tablespoons marshmallow
few drops vanilla extract

Mix evaporated milk with sugar. Cook until heavy; add marshmallow nuts and extracts. Put it in a square pan. Cool, then cut in squares. This is very nice.

MRS. GRACE LORANGER, 131 Bullard Street.

MARSHMALLOW WALNUT FUDGE

1 package powdered sugar
1 small can evaporated milk
1 small can marshmallow fluff
2 tablespoons butter
1 cup walnut meats
pinch of salt
1 teaspoon vanilla

Put sugar, salt, milk and butter in a saucepan and cook like fudge. When it forms a soft ball in cold water remove from the fire and add marshmallow, nuts and vanilla. Beat until smooth. This can also be made using 2 squares of cooking chocolate.

ELEANOR F. RICHARDSON, 197 Hawthorn Street.

NEVER-FAILING FUDGE

2 cups granulated sugar
2 tablespons cocoa
small piece butter
3 teaspoons cornstarch
½ cup milk
½ teaspoon vanilla

Mix dry ingredients well, add milk and butter and cook 5 minutes steadily after it begins to boil. Add vanilla and beat well.

CARRIE B. TAYLOR, 338 Kempton Street.

PEANUT BUTTER FUDGE

3 cups granulated sugar	1 cup milk
½ cup cocoa	

Butter size of an egg and a pinch of salt. Mix together and boil until it forms a soft ball in water. Stir frequently while cooking. Remove from fire and add 1 teaspoon vanilla and 2 tablespoons butter. Beat until creamy, then pour into buttered pan to cool. When cool cut in squares.

MILDRED H. CAHOON, West Harwich.

PUFF RICE FUDGE

2 cups brown sugar	2 squares chocolate
2 tablespoons butter	1 teaspoon almond
⅔ cup milk	½ cup puffed rice

Stir brown sugar, butter, chocolate and almond until a soft ball forms when dropped in cold water. Remove from fire. Beat until it begins to thicken, then add puffed rice. Cut in squares when cool.

MRS. T. LIVESEY, Main Street, Fairhaven.

SOUR CREAM FUDGE

3 cups light brown sugar	add either nuts, raisins, or cocoanut
1 cup sour cream	
1 teaspoon vanilla	

Boil sugar, sour cream and vanilla together. Beat until creamy. Delicious.

MRS. NELLIE A. GIFFORD, Crescent Beach, Mattapoisett.

WALNUT FUDGE

2 cups granulated sugar	½ cup evaporated milk
⅓ cup corn syrup	2 squares chocolate
2 tablespoons butter	1 teaspoon vanilla
1 cup walnuts	

Melt butter, add chocolate and stir until melted. Add sugar, cream and syrup. Stir until sugar dissolves and mixture is boiling and let boil until it will form a soft ball when tried in cold water. Take from fire and add vanilla. Let stand until cool, beat until creamy, add nuts and pour in buttered pan to harden.

VIVIAN WEST, 85 Walden Street.

HONEY PUFFS

3 cups sugar
1 cup cream
¼ cup honey
1 egg white, stiffly beaten
½ cup chopped nuts
½ cup candied pineapple

Mix the sugar and cream in a saucepan. Place over fire and stir until the sugar melts. Cook until it spins a thread. Add the honey and cook to a soft ball. Pour into the beaten white of egg, beating continually. Continue beating for 1 minute. Add the nuts and pineapple and beat until creamy. Shape into balls and cool.

AGNES CORREIA, 21 Stackhouse Street.

ICE CREAM CANDY

4 cups sugar
1 tablespoon vinegar
½ teaspoon cream tartar
⅔ cup boiling water

Boil without stirring until brittle when dropped in cold water. Turn on well buttered platter, and cool until it may be handled. As you pull add vanilla. Pull until white and glossy.

MRS. ALICE FARREN, 10 East Durfee St.

LICORICE CANDY

1 pound brown sugar
1 cup hot water
½ pound butter
1 inch licorice
1 tablespoon vinegar

Melt licorice in the hot water, add vinegar and let boil. Add butter and boil until a little dropped in cold water will harden. This is good for sore throat.

MISS MARY TRAVERS, 75 Acushnet Ave.

MARSHMALLOW JIGGERS

2 cups sugar
¾ cup water
1 tablespoon butter
1 cup brown sugar
3 tablespoons molasses
2 teaspoons vanilla
3 tablespoons marshmallow cream

Boil sugar, molasses and water until a hard ball may be formed in cold water. Remove from fire and stir in butter and vanilla and a pinch of salt. Beat until creamy and add marshmallow. Pour in buttered tin and when hard, cut into squares. This is delicious with chopped nut meats.

HILDA M. ALMEIDA, Santuit.

MEXICAN KISSES

2 cups brown sugar
½ cup evaporated milk
2 tablespoons butter
1 teaspoon vanilla
⅛ teaspoon salt
½ cup candied cherries
½ cup nuts

Cook sugar and milk together in a saucepan, stirring until the sugar is dissolved. Continue to cook slowly, stirring constantly until 236 degrees F. is reached, or until mixture forms a soft ball when tested in cold water. Add butter. Cool slightly, add vanilla, salt, nuts, broken in pieces, cherries and beat until creamy. Continue beating until it will hold its shape. Drop by teaspoons on waxed paper.

MARY J. CORREIA, 15 Potter Street.

MOLASSES CANDY

½ can of molasses
1 tablespoon butter
1 pinch of saleratus

Cook in a skillet until it forms a hard ball when dropped into cold water. Then pour into buttered pan and cool.

MRS. ARTHUR MONTY, 978 County Street.

MOLASSES POPCORN BALLS

3 quarts popped corn
⅔ cup molasses
1½ cups sugar
½ cup water
⅓ teaspoon vinegar
⅓ teaspoon salt
2 tablespoons butter
2 teaspoons vanilla

Boil molasses, sugar, water, vinegar and salt without stirring until it becomes brittle when tried in cold water. Remove from fire, add butter and vanilla. Have a spoon to mix well. Form into balls and wrap in waxed paper. Makes 36 small balls.

MRS. J. SHIEF, 69 Brigham Street.

NUT BRITTLE

2 cups granulated sugar
1 cup brown sugar
½ cup light corn syrup
½ cup water
¼ cup butter
⅛ teaspoon soda
⅛ teaspoon salt
1½ cups nut meats

Put sugars, corn syrup, water into saucepan and cook stirring until sugar is dissolved. Continue cooking until when tried in cold water it will be very brittle. Remove from fire; add salt, soda and butter. Stir only enough to mix well. Add nuts and pour in a thin sheet on greased slab or baking sheets. Do not scrape saucepan as this will cause it to sugar. Break into irregular pieces when cool.

MRS. E. KENWORTHY, 27 Keene Street.

ORANGETTES

3 pounds granulated sugar
1 cup water
⅓ teaspoon cream tartar
grated yellow rind of 2 oranges
juice of one orange
coating chocolate

Boil sugar, water and cream tartar to hard boil. Do not stir while cooking. Turn onto marble slab or platter, moistened with cold water. Work with paddle until creamy. Drop in small spoonfuls on waxed paper and when hard dip in melted chocolate and dry off on waxed paper.

MRS. HARRIETT OSTERBANKS, South Wellfleet.

PECAN PATTY CAKES

2½ pounds maple sugar
1 pint water
¼ pound butter
2 cups pecan meats

Cook sugar and water together at 249 F. Add butter and cook 250 F. Add pecan meats and spoon out into oiled muffin rings on oiled slab. When cold wrap each cake in paraffin paper.

EDNA T. WILSON, South Dartmouth.

PEANUT BRITTLE

2 cups granulated sugar
1 cup shelled and split peanuts

Put sugar into heavy iron frying pan and stir until all is melted. Add peanuts that have been warmed and salted. Remove from fire as soon as peanuts have been added and spread as thin as possible on buttered tin sheet.

MRS. LOUIS CORDEIRA, 71 Briggs Street.

PEANUT BUTTER CANDY

2 cups brown sugar
½ cup milk
½ pound peanut butter
small piece of butter

Boil until soft ball forms in cold water, then beat and spread when thick in buttered pan. Cut in diamond shaped pieces when cool.

MRS. T. O'BOY, 274 Arnold Street.

PARISIAN SWEETS

1 package dates
1 package shredded cocoanut
½ cup chopped nuts
¼ pound figs
¼ pound dried apricots
1 teaspoon orange juice
1 teaspoon candied orange peel

Put dates, figs, apricots, and cocoanut through the food chopper. Knead in the orange juice and rind. Pack into a small buttered loaf pan a portion of it. Crease the surface into ¾ inch squares. Place nut meats or other decoration on each square. Chill and cut into cubes with a sharp knife dipped in cold water. Second portion. Break off small bits, roll into balls, with the hands, roll in toasted chopped cocoanut. Third portion. Roll Parisian sweet mixture into a long roll on a molding board sprinkled with confectioner's sugar. Roll in chopped nut meats, chill, cut in logs 1½ inches long.

MRS. J. A. DESAUTELS, 425 Wood Street

PEANUT ROLL

2 cups confectioner's sugar
1 teaspoon vanilla
little cold water
peanut butter

Moisten sugar enough to make it roll out like pie crust. Add vanilla. Spread confectioner's sugar on rolling board and roll quite thin. Spread with peanut butter and roll up like a jelly roll. Cut off slices and spread on wax paper to dry a little. Can keep indefinitely.

ANNABELLE NORMANDIN, 156 Penniman Street.

PEPPERMINTS OR CHECKERMINTS

1 cup sugar
¼ cup boiling water

Stir over heat until the sugar dissolves before allowing the syrup to boil. Boil 5 minutes gently, remove from heat, flavor and beat until it begins to thicken. Drop from a teaspoon onto oiled paper.

Note:—If the candy hardens before all are dropped, add a little hot water and hold over the heat to allow it to soften.

ANN P. KRAPF, 18 Willow Street.

CREAM PEPPERMINTS

1 cup white sugar
⅛ cup milk and water
1 teaspoon butter
1 teaspoon extract of peppermint
1 small pinch cream tartar

Boil sugar, milk, water and butter for 5 minutes, then add cream tartar and flavoring. When done, cream by stirring for about 10 minutes. Drop on buttered paper. These peppermints may be wrapped in red tissue paper doing each one separately and twisting ends.

MRS. ALICE BESSEY, 189 North Street.

POTATO CANDY

1 medium sized potato, cooked and mashed
2 teaspoons butter
¼ pound cocoanut
1 teaspoon vanilla
1 pound confectioner's sugar
2 squares melted chocolate

Mash potato, add butter, vanilla then stir in the cocoanut and the sugar. Beat until creamy. Put down in a buttered pan until about 1 inch thick, then spread the melted chocolate over the top. Put in a cool place for 2 hours.

ANNA MORTON, 70 North Street.

CHOCOLATE COVERED POTATO CANDY

1 medium potato
½ teaspoon vanilla
2 squares unsweetened chocolate
1 pound Confectioner's sugar

Boil potato until cooked, then drain and mash well. Add flavor and sugar gradually until it becomes too thick to stir. Spread on waxed paper about ¼ of an inch thick and let set. Melt chocolate and spread thinly on both sides. Cut in pieces an inch square.

MRS. ALFRED CHABOTTE, 24 Kearsage Street.

REAL TURKISH CANDY — (original Recipe received from a Turk)

4 pounds sugar
whites of 3 eggs beaten stiffly
2 pounds glucose
1 pound of shelled unblanched almonds.
scant cup water

Put sugar, glucose and water on to cook. When the syrup is brittle in cold water take off the stove. Take a scoured, sturdy broom handle to stir with (a spoon will not be strong enough) and stir the mixture very fast as it gets very stiff. Add gradually the stiffly beaten egg whites and lastly the almonds. Take bread pans lined with wax paper and put in half the mixture, patting it down with a knife dipped in water. Color the other half of the candy with pink fruit coloring and pour into other pan. Pack down. This candy will keep 3 months in covered tins. When ready to use slice down. Very delicious!! It really takes 2 or 3 people to make this candy as such vigorous stirring is required.

MRS. C. F. SCHAALE, Denver, Col.

RAISIN COCOANUT CANDY

Bake or boil one medium size potato until soft. Force through the potato ricer. This should make ½ cup. To this add:

3 cups sifted confectioner's sugar
1 cup seedless raisins
1 cup shredded cocoanut
1 teaspoon grated orange rind
few grains salt

Work together using a fork until well mixed. Shape in a cake ¼ inch thick in a pan. Bind with wax paper and leave until firm. Melt over hot water, 3 squares chocolate and coat the mixture using a pastry brush. Mark in squares before chocolate is hard.

MRS. M. Da LUZ, Central Village.

ROSE CREAM CANDY

3½ pounds of sugar to 1½ pints water; dissolve in the water before putting with the sugar ¼ ounce of fine white guma arabic, and when added to the sugar put in 1 teaspoon cream of tartar. The candy should not be boiled quite long enough to become brittle when dropped in cold water. The proper degree can be ascertained if, when a small skimmer is put in and taken out, when the melted sugar is forced through the holes of the skimmer; remove from the fire at this point, and rub the syrup against the sides of the dish with an iron spoon. Add a teaspoon of rose flavoring and stir until perfectly smooth.

MRS. RAYMOND D. FISH, 36 Middle Street.

SUGARLESS SWEETS

1 cup stoned dates
1 cup seeded raisins
1 cup nut meats
pinch of salt

Put the ingredients through a food chopper and form into balls. Dip balls into melted dipping chocolate and drop on a greased platter or roll in dried cocoanut which has been browned in the oven.

MRS. RENA QUERIPEL, 18 Dean Street.

TAFFY APPLES

1 cup light molasses
½ cup sugar
1 drop vinegar

Boil slowly molasses, sugar, and vinegar until a drop in cold water becomes brittle. Remove from fire and add a pinch of soda and a small piece of butter. While hot, stick apples which have been washed and dried into syrup, and let drain well. Place on greased tin.

MRS. W. L. YORK, 84 Merrimac Street.

SEA FOAM

2 cups brown sugar
½ cup water
1 teaspoon vanilla extract
½ cup chopped nuts
1 egg white

Boil sugar and water until a little dropped in cold water forms a soft ball. Pour the hot mixture over the stiffly beaten white of egg, beating while pouring. Add nuts and extract. Add and beat vigorously until candy stiffens. When nearly set drop by spoonfuls on paper. When cold candy will harden so it can be easily taken from paper.

PRISCILLA LaBRODE, 18 Parker Street.

SIERIA TURKISH DELIGHT

2 cups apricot pulp
1½ cups powdered sugar
1 teaspoon cornstarch
3 teaspoons lemon juice
granulated sugar

Apricot pulp is made by stirring stewed apricots through a coarse strainer. Add sugar, cornstarch. Mixed with lemon juice and cook until stiff. Cool and pour on to a well sugared board. Allow to become firm. Cut into squares and coat over with granulated sugar. Wrap in waxed paper if desired.

MRS. YVONNE BOUCHER, 44 Winsper Street.

VERMONT NUT PATTIES

2½ pounds maple sugar
1 pint water
¼ pound butter
2 cups broken pecan nuts

Mix sugar and water together. Cook until thermometer registers 249 F. Add butter and cook to 250 F. Add 2 cups broken pecan nuts and pour into oiled muffin tins. When cold remove from pans and wrap each piece in waxed paper.

MRS. BERTHA M. CHARTIER, 195 Cottage Street

VINEGAR CANDY

1½ teaspoons butter
2 cups sugar
½ cup water
½ cup vinegar

Mix altogether. Boil until it forms hard ball in cold water. Pour in buttered tins.

DOROTHY SIMMONS, Adamsville, Rhode Island.

YELLOW JACK

1 quart of corn syrup ½ teaspoon soda
1 tablespoon lemon juice

Boil corn syrup 30 minutes. Add soda which has been rubbed smooth. Allow to boil, stirring constantly until brittle when tested in cold water. Remove from fire and add lemon juice. When cool enough to handle, pull until it is a light, bright yellow. Twist 2 strands together and cut into desired lengths.

MRS. F. H. THORLEY, No. Dartmouth, Mass.

Chapter XIV

GARNISHES

"Variety's the very spice of life."
—Cowper.

Meals, like people, have distinct personalities. Again, like people, they need just the right setting and just the proper sort of dress to make them attractive. Garnishes are far less superficial in their importance than one might suppose after only hasty consideration of the matter.

So few of us know the meaning of real hunger that we look for something in the way of variety to take the edge off of the monotony that is apt to afflict us when we are confronted with food three times every day with more or less unfailing regularity. What, better than garnishes, can make food more attractive to the eye and the palate, lending both variety and spice?

There is, of course, such a thing as over-dressing a meal, and a sense of proportion is as much a prerequisite to good dinners as it is to happiness or good taste in anything. Attractive table appointments and interesting new ways of serving always lend enchantment to the board, making it pleasing in anticipation, in reality, and in retrospect.

Parsley or cress with toast squares usually garnishes meat.

Slices of lemon, lemon baskets, slices of hard-cooked egg, slices of cucumber, slices of pickled beet or chopped pickle, and chopped parsley are your choice for adorning fish.

For cold or hot desserts or little cakes try glace fruits. They can be shaped into leaves and flowers with a sharp pair of scissors. Silver and colored candies are a lovely party-cake idea in decorating.

Canned fruit drained and served whole is a nice garnish for puddings.

Use vegetable coloring for ices, frostings, soups, candies, etc.

Whether it be jelly, vegetables, eggs, or salads, any or all can be made more alluring by the employment of a little originality and a few of the many little garnishing tools that should be a part of every woman's kitchen equipment. How much more tempting is a fruit cocktail served in green pepper shells with serrated edges, fish embellished with chopped parsley, pudding in fancy molds, a chop in frills, or a star shaped carrot, than any of these are in their unadorned state.

Garnishing does more than enhance the appetite. It makes cooking a more interesting business for the housewife, at the same time providing her with an outlet for her originality, which lies dormant much of the time if she does not continually look for ways to utilize it.

Chapter XXV

TEMPERATURES, WEIGHTS AND MEASURES

Time Table

Baking Temperatures

Kind of Food	Temperature	Time	Retained Heat If using Insulated Oven
BAKED APPLES	375 F.	Until tender	Last 15 Min.
BAKED BEANS	275 F.	6 Hrs.	Last 45 Min. of the 6 Hrs.
BISCUITS:			
Baking Powder	450 F.	15 Min.	Last 10 Min. of the 15
Muffin Mixtures	400 F.	25 Min.	Last 10 Min. of the 25
Pop-overs	450 F.	10 Min.	
and then	350 F.	35 Min.	Last 10 Min. of the 35
Yeast	400 F.	15-20 Min.	Last 5 Min. of the 20
BREADS:			
White, Medium Size	400 F.	60 Min.	Last 15 Min. of the 60
Dark or Nut	350 F.	1¼ Hrs.	Last 20 Min. of 1¼ Hrs.
CAKES:			
Angel	300 F.	60 Min.	Last 10 Min. of the 60
Individual or Layer	400 F.	20 Min.	Last 5 Min. of the 20
Loaf	350 F.	45 Min.	Last 15 Min. of the 45
Sponge	325 F.	60 Min.	Last 15 Min. of the 60
COOKIES:			
Drop	350 F.	10 Min.	
Rolled	350 F.	10 Min.	
Thick	350 F.	15 Min.	
CREAM PUFFS	450 F.	5 Min.	
and then	325 F.	35 Min.	Last 10 Min. of the 35
CUSTARDS	300 F.	45 Min.	Last 10 Min. of the 45
FISH	400 F.	30-60 Min.	Last 15 Min. of the 60
GINGERBREAD	325 F.	35 Min.	Last 10 Min. of the 25
MEAT DISHES:			
Loaf or Scalloped	400 F.	30-45 Min.	Last 10 Min. of the 45
MERINGUES	300 F.	20 Min.	
or	325 F.	12-15 Min.	....
PASTRY:			
PIES:			
2 crust, Raw Filling	425-450 F.	5-10 Min.	
and then	375 F.	30-40 Min.	Last 10 Min. of the 40
Cooked Filling	450 F.	30 Min.	Last 10 Min. of the 30
Open—one crust	450 F.	10 Min.	
and then	275 F.	30 Min.	Last 10 Min. of the 30
Pie Shells	450 F.	15 Min.	
Puff Pase	500 F.	3 Min.	
then reduce to	400 F.		

Kind of Food	**Temperature**	**Time**	**Retained Heat If using Insulated Oven**
PUDDINGS:			
Bread	350 F.	60 Min.	Last 15 Min. of the 60
Custard	300 F.	60 Min.	Last 15 Min. of the 60
Indian	300 F.	3 Hrs.	Last 30 Min. of 3 Hrs.
Rice	300 F.	3 Hrs.	Last 30 Min. of 3 Hrs.
Tapioca	350 F.	60 Min.	Last 15 Min. of 1 Hr.
POTATOES:			
Medium—White	450 F.	45-60 Min.	Last 15 Min. of the 60
Sweets	450 F.	35-45 Min.	Last 10 Min. of the 45
SCALLOPED DISHES:			
Cooked Material	400 F.	20-30 Min.	
SOUFFLÉ	325 F.	30-40 Min.	Last 10 of the 40 Min.

Roasting Temperatures

For all roasts allow 20 min. to sear the surface and then add one cup water and cover, using 450 F. for this searing, then reduce to 375 F. and allow as follows:

BEEF	
Rare	12 Min. to the pound
Medium	15 Min. to the pound
Well Done	20 Min. to the pound
LAMB	
Leg	20 Min. to the pound
PORK	
Chime or Rib	25 Min. to the pound
POULTRY	
Weight after dressed	20 Min. to the pound
VEAL	
Loin	20 Min. to the pound

Oven Heat Terms (Translated into Degrees)

	Degrees F.
Very Slow Oven	225-250
Slow	250-300
Moderate	300-350
Hot (white paper turns light brown in 4 min.)	350-400
Quick	400-450
Very Hot	450-500

Temperatures for Deep Fat Frying

	Temperature	Bread Test
Croquettes	385	40 seconds
Fritters	390	30 "
Oysters	390	30 "
Smelts and small fish	375	60 "
Codfish balls	385	40 "
Doughnuts	375-85	60 "
French Fried Potatoes	400	20 "

How to Measure

All measures are level. Leveling should be done with the flat side of a knife.

Flour, powdered sugar, and soda should be sifted before they are measured.

When measuring butter, lard, or any other hard fat, pack down in the cup or spoon tightly and level off with a knife.

For a quarter of a spoonful, divide first in half lengthwise and then cut through the center crosswise.

For an eighth of a spoonful, cut the quarter in half lengthwise.

Half spoonfuls should always be cut lengthwise. The bowl of the spoon holds more than the tip end and the lengthwise measurement is more accurate.

Measurements and Equivalents

3 teaspoonfuls equal one tablespoonful
16 tablespoonfuls of dry material equal one standard cup
14 tablespoonfuls of liquid equal one standard cup
2 cupfuls equal one pint
1 ℔. of cornstarch yields 3 cupfuls and 2 tablespoonfuls
1 lb. of butter yields 2 cupfuls and 2 tablespoonfuls
1 ℔. rice yields 2 cupfuls
1 ℔. rye flour yields 3¾ cupfuls
1 ℔. unsifted flour yields 4 cupfuls
1 ℔. sugar yields 2 cupfuls
1 ℔. brown sugar yields 2¾ cupfuls
1 ℔. confectioner's sugar yields 2¾ cupfuls
1 ℔. rolled oats yields 4¾ cupfuls
1 lb. coffee (pulverized) yields 5 cupfuls
1 ℔. chopped meat yields 2 cupfuls
1 ℔. raisins (packed down) yields 2 cupfuls
1 lb. currants yields 2¼ cupfuls
1 ℔. fine bread crumbs yields 2 cupfuls
1 ℔. eggs (approximate) 9 eggs

Quantity Table

Sandwiches. Sixteen sandwich slices may be cut from a one-pound loaf of bread.

Butter. One pound will make 50 sandwiches or serve 25 persons.

Ice Cream. One gallon will serve 20 persons.

Lemonade. Five quarts serve 25 persons.

In Chicken Salad. One chicken weighing three pounds will serve 10 persons.

Whipped Cream. One-half pint will yield 12 heaping tablespoons.

Potato Chips. One pound serves 20 persons.

One gallon of coffee will serve 16 persons.

One gallon of salad will serve 24 persons.

One angel food cake will serve 14 persons.

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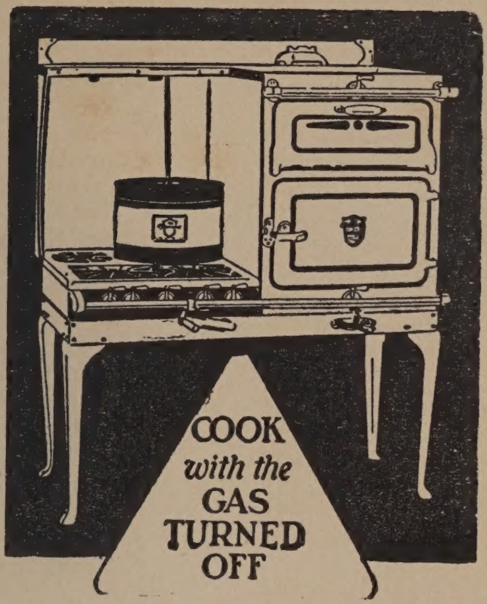

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